

WAX RECOMMENDATION

TOKO[®]

Tour de Spam Sprint

Rendezvous Trail, West Yellowstone, MT

Friday, March 18

7 P.M. at Biathlon Range

3K Freestyle Sprint

Interval start

www.skirunbikemt.com

Forecast/Conditions: Thursday overnight a 30 percent chance of snow with low around 7F. Friday high around 32 and windy. Temperature at 7 P.M. around 28 with wind gusts. Expect windblown snow with possible transformed/new snow mix.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue/HF Red mixed 2:1, scrape and brush. Finish by crayoning JetStream Blue, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (20 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad. HF Blue and JS Blue have a very wide range and it always better to err on the cold side in West Yellowstone.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Kick wax will likely be Nordic Klister Red either straight or with a cover of Nordic GripWax Red. Will depend on new snowfall.

Structure: A universal structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions. If snow appears to have a fair amount of moisture, may want to make a pass with the Red Structurite tool.

Created by Eric Mittelsteadt, Toko Tech Team member since 1998.

Check the WaxTip page at www.TokoUS.com before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes, skip the Fluorocarbon (JetStream) and substitute the LF or NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to www.TokoVideos.com.

Racing - Service