

Spam Cup #1 Classic Race

Rendezvous Ski Trails, West Yellowstone, MT Saturday, December 10 10 A.M. 10K/5K/1K Classic Mass start www.skirunbikemt.com

Forecast/Conditions: Overnight low 19 with an 80 percent chance of snow with 2"-4" expected. Snow likely on Saturday, temperature at start around 25. Expect fresh powder conditions.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue/HF Red mixed 1/1, scrape and brush. Finish by crayoning JetStream Red, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Red, corking between layers. If temps slightly lower, apply 2 layers of Red covered by 2 layers of GripWax Blue for cushion.

Structure: A universal grind covered by one pass with the Red Structurite tool before JetStream application will best suit these conditions

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Check the Wax Tips page at 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 the How To link at TokoUS.com.

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