

WAX RECOMMENDATION

TOKO[®]

Cowboy State Games Biathlon Sprint

Casper Mountain Biathlon Complex, Casper, WY

Saturday, January 11

10 A.M. race start

10K/7.5K/6K/4K Men and 10K Women race distances

Sprint format

www.caspermountainbiathlonclub.org

Forecast/Conditions: Overnight a chance of rain turning to snow, low around 30, with around 1" snow expected. Mostly cloudy on Saturday with a 40 percent chance of snow. Temperature at start around 32.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red/HF Yellow mixed 1/1, scrape and brush thoroughly. 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: n/a

Structure: A universal grind covered by 1-2 passes pass with the Red Structurite tool (before JetStream application) will best suit these conditions.

Racing - Service

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.