

The Great Bear Chase

Swedetown Ski Trails, Calumet, MI Saturday, March 11 8:30 A.M. 50K Skiathlon/Classic 8:40 A.M. 10K Classic/Freestyle 8:50 A.M. 25K Classic 9:10 A.M. 50K Freestyle 9:20 A.M. 25K Freestyle

Forecast/Conditions: Friday night snow showers likely. Patchy blowing snow before 2 A.M. with a low around 1F. Saturday scattered snow showers, partly sunny, with race time temperature 5F to 10F. Expect the track to be machine worked and packed mixture of new and moderately transformed snow.

Glidewax: Apply LF Blue/LF Black mixed 1/1, scrape and brush, then apply HF Blue sprinkle on X-cold Powder, iron in together, scrape and brush. Finish by crayoning JetStream Blue, 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 X-Cold, corking between layers.

Structure: A fine linear structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions.

Created by Michael Young, Toko Tech Team member since 2005.

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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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