

## WYSEF U16 Juniors Race

Rendezvous Trail, West Yellowstone, MT Sunday, December 3 1 P.M.

5K Classic technique; Mass start, 5K lap www.skirunbikemt.com/supertour

Forecast/Conditions: Overnight a 50 percent chance of light snow with low around 21. Little to no accumulation expected. Sunday a chance of light snow, mostly cloudy with high near 30. Temperature at 1 P.M. start around 28. Possibility of some fresh snow mixed into a transformed track. Expect track to glaze from earlier USSA races. Glidewax: Apply LF Black, scrape and brush, then apply HF Red/HF Blue 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. Check Toko tent for updates. If track is fairly glazed, an ironed base of Nordic Klister Green (thin) covered with GripWax Red can be very effective.

**Structure:** A universal structure will best suit these conditions. Cover structure with 1-2 passes with the Red Structurite tool (before JetStream application) if fresh snow has relatively high moisture content or if tracks are very glazed.

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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 or HelX) 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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