

# WAX RECOMMENDATION



## West Yellowstone Biathlon Sprint Race

Rendezvous Ski Trails, West Yellowstone, MT

Wednesday, November 21

10 A.M. IBU skiers, 11 A.M. Novice

10K/7.5K/4.5K, Skate

<http://www.bridgerbiathlonclub.org/>

**Forecast/Conditions:** Overnight cloudy with a low around 35. Morning rain showers. Temperature at 10 A.M. around 38. Expect wet and saturated trail conditions. Dirt and moisture will affect glide.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Black, scrape and brush. Finish by crayoning JetStream Yellow, 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. For U14 skiers and younger, apply LF Black or LF Yellow, scrape and brush.

**Structure:** A warm grind covered by one or two passes with the Yellow Structurite tool (before JetStream application) will best suit these conditions.

Created by Eric Mittelsteadt, Toko Tech Team member since 1999.

Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

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