

WAX RECOMMENDATION **TOKO**[®]

SPAM Cup Citizen Race - Classic

Rendezvous Biathlon Range, West Yellowstone, MT

Saturday, January 6

10 A.M.

10K/5K, Classic technique, Mass start

<http://www.skirunbikemt.com/spam-cup.html>

Forecast/Conditions: Overnight a 30 percent chance of snow, mostly cloudy with low around 18. Saturday a 50 percent chance of snow, mostly cloudy with temperature at start near 20. Expect a firm track. West Yellowstone snow tends to ski cold this time of the year so err on the cold side.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, 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 Blue, corking between layers. If more kick is desired, test 1-2 thin layers of Nordic GripWax Red covered by 2 thin layers of Nordic GripWax Blue. If it is warmer than predicted, test straight Nordic GripWax Red over the Nordic Base Wax Green.

Structure: A universal structure covered by one pass with the Blue 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 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.

Racing - Service