

Rochester Freestyle Sprint, JNQ

Bristol Mtn. Nordic Center, Canandaigua, NY Saturday, January 27 2:30 P.M. 1.1K Skate Qualifier, followed by Heats https://www.skireg.com/rxcsf-jng-sprint

Forecast/Conditions: Overnight low 38, temperature at start 49, cloudy skies. Manmade, machine groomed surface.

<u>Glidewax:</u> Apply HF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by spraying an even layer of HelX 2.0 Yellow, let dry and ski. Do not brush or polish.

Gripwax: N/A

<u>Structure:</u> A wet grind covered by one pass with the Yellow Structurite tool (before HelX application) will best suit these conditions.

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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 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 <u>TokoUS.com</u>.