

# WAX RECOMMENDATION



## AMH Anchorage Cup Sprint Relays

Kincaid Park, Anchorage, AK

Sunday, February 11

Noon race start

1.3K, Free technique

2 x 2 x 1K (two partners will each ski two 1K laps)

A shorter race for kids

Forecast/Conditions: Overnight a chance of snow showers after 9 P.M. Mostly cloudy, with a low around 21. Sunday a chance of snow showers before 3 P.M., then a chance of snow after 3 P.M. Mostly cloudy, with a high near 33. Snow temperature will likely remain in the mid-20s with very high humidity.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, 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. Crayon on a thin layer and polish between each heat.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-4 layers of Nordic GripWax Red (depending on ski flex), corking between layers.

Structure: A universal cross structure covered by one pass with the Red Structurite tool (before JetStream application) will best suit these conditions.

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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 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](http://TokoUS.com).

Racing - Service