

## City of Lakes Loppet Skate Events - Updated!

Theo Wirth Park, Minneapolis, MN Sunday, February 4 9 A.M. 42K Columbia Skate Marathon 10 A.M. 21K Puoli Loppet Skate Both races begin in the Theo Wirth stadium and end in Uptown http://www.loppet.org/events/cityoflakesloppet

Forecast/Conditions: Snow accumulation of 1"-3" expected on Saturday followed by windy conditions. Saturday evening low of -5F, rising to zero F by 9 A.M. and 2F by 10 A.M. Sunny and relatively calm. The race course is partly on the manmade loops and partly on natural snow. Course has more moisture than expected, and snow crystals will become sharp when the temperature drops. Saturday night wind will transport additional sharp crystals.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold powder, iron in together, 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: N/A.

Structure: Choose a ski with low camber and relatively long tip and tail contact area. Cover with one pass with the Blue Structurite tool before JetStream application.

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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 HeIX) 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.