

WAX RECOMMENDATION



Lake Catamount Nordic Marathon

Catamount Nordic Center, Steamboat Springs, CO

Sunday, February 18

10 A.M.

28K/14K/7K/5K/2K, Skate

Mass start

2-4 loops

More info [here](#)

Forecast/Conditions: Overnight low in the low 20s warming to the low to mid-30s by race start. Up to 10 inches of snow possible Thursday through early Friday morning. Warm sunny daytime and cool clear nighttime on Friday and Saturday should firm up the track by Sunday. A slight wind will keep the snow dryer than the forecasted temperature might suggest on Sunday.

Glidewax: Apply LF Blue, 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.

Gripwax: N/A

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

Created by Stephen White, Toko Tech Team member since 2005. xcwhite@TokoUS.com

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