

## Silver Crest Nordic Challenge

Kings Hill Winter Recreation Area, Neihart, MT Saturday, February 10 10 A.M. and 11:30 A.M. start times 20K, 11K, 5K Freestyle and Classic techniques www.silvercresttrails.com

Forecast/Conditions: Overnight low near -8F with a 50 percent chance of snow. Saturday mostly sunny with temperature at 10 A.M. start around 5F. Significant new snow this week and cold overnight temperatures. Expect soft and cold track conditions.

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. For Juniors, LF Blue with X-cold Powder mix or NF Blue with X-cold Powder mix are great options.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply several layers of Nordic GripWax X-Cold, corking between layers. For skiers needing extra kick, apply 2 thin layers of Nordic GripWax Blue covered with 2 thin layers of Nordic GripWax X-Cold, corking between layers.

**Structure:** A fine 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.

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