

WAX RECOMMENDATION



Skinny Fat Duathlon

Hidden Valley Ski Trails, Ely, MN

Saturday, February 10

10 A.M.

10K Freestyle, followed by 10K Bike

Forecast/Conditions: Friday night's low is expected around -14F with clear skies. Race time temperature around -5F to zero F with mostly sunny skies.

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: A fine linear grind covered by one pass with the Blue Structurite tool before JetStream application will best suit these conditions.

Racing - Service

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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.