

## CXC Junior Cup Kick Off

Michigan Tech Nordic Ski Trails, Houghton, MI Sunday, December 16 9 A.M. Women 10K, 10 A.M. Men 10K 11 A.M., 11:35 A.M. U16 5K 5K/10K Skate, Mass start 1-2 laps on 5K

http://michigantechrecreation.com/trails/Ski\_Races/index

Forecast/Conditions: Saturday night mostly clear with a low around 31. Sunday mostly sunny, with race time temperature 34-35. Expect transformed snow, machine worked and packed surface.

Glidewax: Apply LF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by crayoning JetStream Yellow, 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.

Structure: A Universal grind covered by one pass with the Yellow Structurite tool before JetStream application will best suit these conditions

Vervic



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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.