

Birkebeiner Trailhead, Cable, WI Saturday, December 29 10 A.M. MS Girls 2K, 10:30 A.M. MS Boys 2K 11 A.M. HS Girls 4K, 11:45 A.M. HS Boys 4K 1:30 P.M. College/Citizen 10K All Mass start Freestyle races http://www.birkie.com/ski/events/double-pole-derby/

Forecast/Conditions: Overnight low of -2F, temperature at start

will be 5F, and temperature for later races will rise to 10F. Expect cloudy conditions.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, 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: NA

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

Created by Blaise Sopwinik, Toko Tech Team member since 2014.

Check the WaxTip page at www.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) 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 www.TokoVideos.com.



