

# WAX RECOMMENDATION



## Spam Cup #1 Classic - Updated!

Rendezvous Ski Trail, West Yellowstone, MT

Saturday, December 15

11 A.M.

10K, 5K, Classic technique

Mass start from the Biathlon range

5K laps

[www.skirunbikemt.com](http://www.skirunbikemt.com)

Forecast/Conditions: Overnight low around 15. Mostly sunny on race day with temperature at start in the mid-20s. Expect packed powder track conditions.

Glidewax: Apply LF Black, 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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 thin layers of Nordic GripWax Red, corking between layers. Then apply 2-3 thin layers of GripWax Blue, corking between layers. Adjust as needed.

Structure: A universal 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](http://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](http://TokoUS.com).

Racing - Service