

## Mike Seaman Memorial

Forbush Corner, Frederic, MI Sunday, February 3 10 A.M. 10K Classic, 5 skier Wave starts http://www.forbushcorner.com

Forecast/Conditions: Overnight low of 25, temperature at start of 35, mostly cloudy with a 60 percent chance of light snow or rain during race. Packed powder conditions.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, scrape and brush. Finish by crayoning JetStream Red, 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 Klister Green, cork smooth, let cool. If raining, apply a layer of Nordic Klister Yellow in the klister zone only. Otherwise, apply a layer of Nordic Klister Red in the klister zone only. Let cool and cover with a layer of Nordic GripWax Yellow corking lightly to spread the hard wax over the klister, as opposed to mixing the hard wax and klister.

**Structure:** A universal structure covered by one pass with the Red Structurite tool followed by one pass with the Blue Structurite tool after brushing out the glide wax 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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