

WAX RECOMMENDATION



AMH Anchorage Cup Hickok Duathlon

Kincaid Park, Anchorage, AK

Sunday, January 12

Noon

5K Classic + 5K Skate Duathlon

Mass start

Race info [here](#)

Forecast/Conditions: Overnight low -6F, temperature at start near 12. A 30 percent chance of new snow. Existing old snow is well transformed and relatively clean. Northeast winds will be up to 10 mph.

Glidewax: Apply Performance Black, scrape and brush, then apply Performance Blue, scrape and brush. After skis have been skied a bit, rebrush with a Nylon Brush outside.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Blue, corking between layers.

Structure: A fine universal stonegrind will best suit these conditions, even with the presence of new snow. If significant new snow falls, a fine cross structure will help with higher humidity. And perhaps one light pass of the Blue Structurite tool if significant new snow falls

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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.

Racing - Service