

Bring back Biathalon

Jug Mountain Ranch, McCall, ID Saturday, 7 March 2:30PM with practice from 10AM-2PM 4.5K skate Interval start http://mccallnordic.com/racing/bbb/

Forecast/Conditions: Temps in upper 40s throughout week, Friday night low of 38F with a 2:30PM start temp of 40F. 90% cloud cover with a strong chance of rain/snow Saturday afternoon. Expect moist and transformed snow. Some tree sap might be present.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply a 1:1 mix of High Performance Red/Yellow Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Black Hot Wax, scrape and brush, then spray on HP Liquid Red, let sit for 30 minutes (overnight is best), polish with the Polishing Brush Liquid Paraffin.

Structure: A wet or universal structure will best suit these conditions; the wet grind will not require additional hand structure. A universal grind should be covered by one pass with the yellow Structurite tool followed by a single pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP Liquid Paraffin.

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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 High Performance (Liquid Paraffin or Hot Wax) and substitute the Performance or Base Performance 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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