

Venue change! White Pine Nordic Center, Park City, UT Saturday, January 23 9:30 A.M. U16, 10:30 A.M. Adults 10K, Classic technique

15 second interval start

2 laps of the 5K loop

https://utahnordic.org/wasatch-citizens-series-race-1/

Forecast/Conditions: Overnight low of 25, temperature at start 30 increasing to 32. Several inches of freshly fallen snow with a 90 percent chance of snow during the race.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Spray on BP Liquid Paraffin Red, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing BP Blue Hot Wax, apply BP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red, corking between layers. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

Structure: A universal structure covered by one pass with the red Structurite tool after scraping and brushing the final BP Hot Wax or before spraying BP Liquid 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. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.



