

AMH Anchorage Cup Kincaid Sprint Relay

Kincaid Park, Anchorage, AK Sunday, December 12 Noon 2 person relay, 2K lap, 2 laps each 2x2x2, Free technique Mass start

www.anchoragenordicski.com/amh-anchorage-cup-series/

Forecast/Conditions: Overnight low -2F, temperature at start slightly above zero F. Windblown clean snow with relatively high humidity, skies mostly clear.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush. Apply High Performance Blue Hot Wax, scrape and brush. Spray on HP LP Blue, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have HP liquid wax, the HP Blue Hot wax is an excellent product.

Structure: A fine universal grind structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP 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 you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the <u>How To</u> link at <u>TokoUS.com</u>.