

Michael Seaman Memorial Classic

Forbush Corner, Frederic, MI Sunday, February 6 10 A.M. 10K, Classic Wave starts 4 at a time http://forbushcorner.com

Forecast/Conditions: Overnight low of 17, temperature at start of 24. Expect tilled transformed snow with some fresh snow on top. Mostly cloudy skies with a 30 percent chance of snow during race.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Then apply High Performance Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply alternating layers of Nordic GripWax Red and Base Wax Green, corking between layers. Final layer should be Red. If snowing, cover with 1 layer of Nordic GripWax Blue

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing final layer of hot wax will best suit these conditions.

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Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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 How To link at TokoUS.com.

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