

SMR Stampede Freestyle

Snow Mountain Ranch Granby, CO Saturday, 12 March 9 A.M. 12.5K, 25K, 50K Freestyle Mass start by distance 12.5 Loop

https://ymcarockies.org/News/Article/nordic-center-events

Forecast/Conditions: Overnight low of 7F, air temps warming to the mid-teens by race start and upper 20's by race end under partly sunny skies. Expect the snow to remain cold and dry due to windy conditions.

<u>Glidewax</u>: Apply a layer of High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Blue Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush.

Gripwax: N/A

<u>Structure</u>: A fine 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.

Created by Stephen White, Toko Tech Team member since 2005.

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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