



Ski Rodeo

Liberty Bell High School, Winthrop, WA Saturday, December 31 10 A.M. 15K first wave start. Lollipop at 1:15 P.M. 15K, 10K, 3K, 1K, Freestyle technique Mass start by wave (see website for details) 3 laps of partly separate courses per distance https://methowvalleynordic.com/events/rodeo-2020/

Forecast/Conditions: Overnight low of 19 rising to 30 by race completion. Temperature at 10 A.M. near 24, mostly cloudy skies. Continued warm and moist snowfall during the past week should yield partially transformed, clean and semisoft conditions that should break down a bit by the third lap.

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

Gripwax: N/A. Those choosing to classic should iron in Base Wax Green to a sanded kick zone, let cool and then apply 3-4 layers of GripWax Red (or Yellow for late races), corking between layers.

Structure: A fine structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions.

Created by David Ford, Toko Tech Team member since 2003. fordstruc@gmail.com

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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 How To link at TokoUS.com.