

AMH Anchorage Cup Race #3

Kincaid Classic and Wooden Ski Race, Kincaid Park, Anchorage, AK Sunday, January 22 Noon 10K/15K, Classic technique Mass start, multiple loops https://anchoragenordicski.com/races/amh-anchorage-cup/#races

Forecast/Conditions: Overnight low 15, temperature at start approaching 25. Overcast with a 30 percent chance of light snow the night before and during the event. New snow mixed with machine groomed older snow.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red 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 Red Hot Wax, scrape and brush.

Gripwax: Pine Tar waxing available 8:30-10:30 A.M. For race skis, roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 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 cross 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.

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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.