

Besh Cup #3

Government Peak Recreation Area, Palmer, AK Saturday, January 14 10 A.M. Qualifier interval start, then Heats 1K, Classic Sprint

https://www.crosscountryalaska.org/besh-3-4-details

Forecast/Conditions: Friday night low around 23, temperature at start near 30. Cloudy skies and light winds. Older transformed machinegroomed snow.

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 Blue Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Yellow, corking between layers. If weather cools, mix a thin layer of GripWax Red into the base. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

Structure: A warm/universal grind structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions. Snow will be warm but won't have a lot of free water in it.

Created by Ira Edwards here, Toko Tech Team member since 1995. ira@bluedotdist.com

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.

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