

## AMH Anchorage Cup Sven Johansson Memorial

Kincaid Park, Anchorage, AK Sunday, February 19 1:15 P.M. for 30K 30K, 15K, 5K, 3K, Freestyle

Wave starts dependent on start time. Check the website.

One lap of the respective course

https://anchoragenordicski.com/races/amh-anchorage-cup/#races

Forecast: Saturday night mostly cloudy with a chance of snow. High in the 20s up to the start on Sunday. Chance of snow every day leading up to Saturday. The course will be in excellent shape.

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: If you choose to classic, roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax Red, corking between layers.

Structure: A universal 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 Patrick McGownd, Toko Tech Team member.

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.

vervic