

Alpenglow 20K - Updated!

Tahoe XC, Tahoe City, CA
Sunday, February 26
10 A.M.
20K or 10K, Freestyle
Mass start
1 loop per distance
http://tahoexc.org/events

Forecast/Conditions: Overnight low 20, temperature at start 25, with a high of 30. Higher temperatures that originally forecast and sunshine Saturday will make the snow ski warmer. Sunday mostly cloudy and windy with a 70 percent chance of snow during the race.

<u>Glidewax:</u> Apply Base Performance Blue Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush

<u>Gripwax:</u> Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-4 layers of Nordic GripWax Red and then finish with one layer of GripWax Blue, corking between layers.

<u>Structure</u>: A fine structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003.

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 <u>How To</u> link at <u>TokoUS.com</u>.

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