

## 50<sup>th</sup> Bjornloppet Classic

Bear Valley Adventure/XC Center, Bear Valley, CA Sunday, April 16 10 A.M. 10K/5K Classic only Mass start http://bvadventures.com/events/bjornloppet

Forecast/Conditions: Overnight low 32, temperature at start 45, with a high of 52. Expect transformed, spring snow with a little dirt. Mostly sunny and breezy.

<u>Glidewax</u>: Apply High Performance Blue 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 Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush.

<u>Gripwax</u>: Roughen base with 150 grit sandpaper, heat in Nordic Base Klister Green, smooth and let cool. Then apply 1 layer of Nordic Klister Red/Klister Yellow mixed 1:1, smooth and let cool before skiing.

<u>Structure</u>: A universal 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.

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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>.