

## Tri-Flake Winter Triathlon

Kincaid Park, Anchorage, AK
Saturday, January 13
Noon, Mass start, Ski is the 3<sup>rd</sup> leg
6K Free technique, 2 laps marked with pinflags
<a href="https://www.alaskatriathlon.org/tri-flake/">https://www.alaskatriathlon.org/tri-flake/</a>

Forecast/Conditions: Overnight low 14, temperature at start near 25. Mostly cloudy with a 5-10 mph Northeast wind. Week old wind-affected and transformed snow.

<u>Glidewax</u>: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red Liquid Paraffin, let stand at least 2-4 hours, 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.

<u>Structure:</u> A Medium Universal stonegrind (a Kincaid grind) 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.

Servic

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

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.