



Gunnar Hagan Memorial Race

Cabin Creek Exit 63 Hwy 90, Snoqualmie Pass, WA Sunday, January 7 10 A.M. 30K and 7.5K, Classic technique Interval start

7.5K loops

http://www.kongsbergers.org

Forecast/Conditions: Overnight low 24, temperature at start 27. Forecast of 4-7 inches of new snow in the days prior to the event on top of a fully transformed base containing some dirt in places. Partly cloudy during the event with temperature expected to rise to 30 by race completion.

Glidewax: No fluoros allowed. Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand a minimum of 1-2 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red 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 1 layer of Nordic GripWax Yellow followed by 2 of GripWax Red, corking between layers.

Structure: A fine or 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 David Ford, Toko Tech Team member since 2003. fordstruc@gmail.com

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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.