

Washington Biathlon Association Race 3

Stevens Pass Nordic Center, Stevens Pass, WA Sunday, January 28 10:30 A.M. Zeroing, 11:30 A.M. Race 5K Men, 4K Women Super sprint format <u>http://www.wabiathlon.org</u>

<u>Forecast/Conditions</u>: Overnight low of 35 rising to 39 during the event with a 70 percent chance of rain. Conditions should be fairly soft after a 95 percent chance of overnight rain and warm overnight temperature.

<u>Glidewax</u>: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand at least two 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: N/A

<u>Structure</u>: A wet structure or covering a fine structure with 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.

BEVIC CING

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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>.