

Cote Dame Marie

Hanson Hills, Grayling, MI Saturday, January 20 10 A.M. 26.4K/13.3K Skate, 7.5K Skate and Classic runsignup.com/Race/MI/Grayling/CoteDameMarieSkiLoppet

Forecast/Conditions: Overnight low of 6F, temperature at start will be 12. Expect firm cold lake effect snow on course, temperature later for long races will rise to 16. Mostly cloudy skies with a 30 percent chance of snow.

Glidewax: Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, let cool, scrape and brush. Sprinkle on HP Powder Blue, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Blue, corking between layers.

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

Created by Nick Baic, Toko Tech Team member since 2007. 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.

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