

Tahoe Rim Tour

Tahoe XC to Northstar XC, Tahoe City, CA Sunday, January 28 9 A.M. Classic; 9:30A.M. Freestyle 22K, Classic or Skate Mass start per technique Point-to-Point http://farwestnordic.org

Forecast/Conditions: Overnight low 34, temperature at start 40, with a high of 48. Rain expected on Saturday with high snow levels. Mostly cloudy and high humidity on race day. Breezy with wind gusts.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Yellow, let stand at least two hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. While tacky, not sticky, apply Nordic Klister Red and Klister Yellow in an alternating chevron pattern, smooth, let cool. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the night before.

Structure: A wet snow structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying the HP Liquid will best suit these conditions.

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 How To link at TokoUS.com.

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