

AMH Anchorage Cup #5 Sven Johansson Memorial

Kincaid Park, Anchorage, AK
Sunday, February 18
Noon
30K, Free technique
Mass start, see event maps for the course
https://anchoragenordicski.com/races/amh-anchorage-cup/#tab-id-5

Forecast/Conditions: Overnight mostly cloudy with a low around 23. Race time snow temperature approaching 32, likely glazing. Several days of freeze/thaw cycles occurred after a small amount of new snow last weekend. Snow will be very transformed.

<u>Glidewax</u>: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Yellow, let stand overnight (or minimum of two 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 Yellow Hot Wax, scrape and brush.

Gripwax: N/A

<u>Structure:</u> Crossing wet stongrind for some amount of glazing or freestanding water in the snow. Structure should be covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax/Powder or before spraying HP LP.

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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.

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