



Chickadee Trailhead, Winthrop, WA Saturday, February 10 8:30 A.M. to 11:15 AM Wave starts

Classic and Skate approx. 18.5 K, Para Skiers 12K, Relay 6K per

See event website for additional info, likely subject to change.

Forecast/Conditions: Overnight low of 24 rising to 35 during event with 50 percent cloud cover. Snowpack is 100 percent transformed, thin and dirty. Snow temperature for first starters of 25 rising to 30 by late finishers. Dirt management is key to the ski, wax and structure selection for this "quite fast in the downhills" condition, that also has significant climbs.

Glidewax: Apply Performance or High Performance Blue Hot Wax at least the day before, scrape and brush. Spray on HP LP Yellow and let it harden at least overnight before polishing with the Polishing Brush Liquid Paraffin. If you do not have HP LP Yellow, apply P Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in a thin layer of Nordic Klister Green, cork smooth, let cool. Apply a layer of Nordic Klister Blue/Klister Red, alternating chevrons in the front and rear 4" portions of the klister zone with all Red under the ball of the foot if weather is as predicted to be, less Blue if it is 2 degrees warmer.

Structure: A fine grind covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax layer or before spraying HP LP Yellow will best suit these conditions.

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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.