

## ASC Classic Distance JNQ

Auburn Ski Club Training Center, Soda Springs, CA Saturday, February 10 11 A.M. 3K or 5K, Classic only Interval start 1 lap per distance http://auburnskiclubtrainingcenter.org

Forecast/Conditions: Overnight low 17, temperature at race start 25 with a high of 33. Chance of new snow on Friday with east winds on Saturday will keep the snow skiing cold. Mostly sunny and windy on race day.

Glidewax: Apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax/HP Red Hot Wax mixed 1:1, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-5 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 will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003. 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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