

## Alaska Ski for Women

Kincaid Park, Anchorage, AK Sunday, February 4 10:30 A.M. Freestyle, 11 A.M. Classic 4K, Mass start, One lap SFW loop anchoragenordicski.com/events/alaska-ski-for-women/

Forecast/Conditions: Saturday night a 30 percent chance of snow, mostly cloudy with a low around -7F. Sunday mostly cloudy with a high near 14. It has been very cold this week with a recent dump of cold dry snow. The snow will be cold and abrasive. The course will be in great shape.

<u>Glidewax</u>: Apply High Performance Blue Hot Wax, 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, scrape and brush.

<u>Gripwax</u>: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Blue, corking between layers. If the skis are slipping, apply two thin layers of GripWax Red. See the Toko tent near the scoreboard for an update on grip wax.

<u>Structure</u>: A universal or 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.

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Created by Patrick McGownd, Toko Tech Team member since 2000.

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 <u>How To</u> link at <u>TokoUS.com</u>.