

## Great Caribou Bog Race

Caribou Bog Outdoor Center, Orono, ME Saturday, February 10 10 A.M. Classic, 10:30 A.M. Skate 33K/21K/10K Classic, 10K Skate Mass start One to three loops http://pvskiclub.org

Forecast/Conditions: Overnight low of 33 warming to 40 by race start. Mostly cloudy.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Sprinkle on HP Powder Yellow, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Red Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. While still warm, apply Nordic Klister Red and Klister Yellow in an alternating chevron pattern, smooth, let cool.

**Structure:** A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax/Powder will best suit these conditions

Servic **ICING** 

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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.