

Saratoga Biathlon - Super Sprint

Saratoga Biathlon Club, Hadley, NY
Saturday, February 17
11 A.M.
3K and 7.5K, Freestyle technique
Interval start
1K lap

https://www.skireg.com/saratoga-biathlon-super-sprint

Forecast/Conditions: Overnight low 18, temperature at start 27. Transformed, thin, snow with some fresh powder groomed in. Cloudy skies with a 30 percent chance of snow falling throughout the day.

<u>Glidewax</u>: Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Blue/HP Powder Red, mixed 1:1, iron in and 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/HP Red Hot Wax mixed 1:1, scrape and brush.

<u>Structure</u>: A universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax/Powder will best suit these conditions.

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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>.