

## Spam Cup

Rendezvous Ski Trails, West Yellowstone, MT Sunday, February 18 11:30 A.M. 3K/5K/10K, Skate

http://www.skirunbikemt.com/events.html

Forecast/Conditions: Overnight low 8F, temperature at start 22 with a high of 33. Forecast of 6-10 inches of new snow in the days leading up to the event, tapering off on Friday evening.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Blue and X-Cold Powder mixed 1:1, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Blue Hot Wax, iron in, scrape and brush, then apply HP Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush.

Gripwax: N/A

**Structure:** A fine structure covered by one light pass with the Blue Structurite tool after scraping and brushing the final Hot Wax/Powder 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.