

## Meijer State Games/ Forbush Classic

Forbush Corner, Frederic, MI Sunday, February 18 9:30 A.M. 9K Classic, Interval start https://www.forbushcorner.com

Forecast/Conditions: Overnight low of 19, warming throughout the night to 23 at race start. Mostly cloudy with winds 10-15 mph gusting to 30 mph. A 30 percent chance of snow throughout the night and during the race. The course will have a base of manmade snow with a couple of inches of fresh packed snow on top.

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

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Red followed by 1 layer of GripWax Blue, corking between layers.

Structure: A fine or 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.

Created by Nick Baic, Toko Tech Team member since 2007.

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.