

## Mammoth Marathon

Tamarack Lodge XC, Mammoth Lakes, CA Sunday, April 7 9 A.M. 42K/21K/10K, Skate and Classic Mass start per distance Multiple laps http://mammothmountain.com

Forecast/Conditions: Overnight low 18, temperature at start 25 with a high of 32. New snow heading into the weekend and clear and cool on Saturday. Transforming snow, partly cloudy, and light winds on race day.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Red, let stand at least 2-4 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, 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 2-4 layers of Nordic GripWax Red, corking between layers.

**Structure:** A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax

or before spraying Liquid Paraffin will best suit these conditions. Created by Ben Grasseschi, Toko Tech Team member since 2003. 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.

