WAX RECOMMENDATION



BJORNLOPPET CLASSIC RACE

Bear Valley Cross-Country Ski Area, Bear Valley, CA - Sunday, March 9
10 A.M., 10k/5k, Classic only
Mass start; 5k lap
http://www.bvadventures.com/

Forecast/Conditions: Overnight low 26, temperature at start 38, with a high of 46. New snow earlier in the week. Transformed snow on race day; firm and fast in the shade, soft and sticky in the sun with average snow temperature 28-32. Mostly sunny, with light winds and higher gusts during the race.

Glidewax: Apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush. Sprinkle on <u>Jet Powder</u> Yellow and make two passes with iron at 16oc, let cool, scrape and brush. Polish with a merino wool roller. Then spray on <u>Jet Liquid</u> Yellow, let the ski dry flat for at least 20 minutes. No need to brush or polish Jet Liquid before skiing. If you do not have Jet Powder or Jet Liquid, feel free to use HP Liquid Paraffin Yellow.

<u>Gripwax:</u> Roughen base with 150 grit sandpaper, iron in Nordic Klister Green, smooth and let cool. Then apply 1 layer of Nordic Klister Red in a chevron pattern in the klister zone, smooth, and let cool before skiing.

<u>Structure</u>: A warm/wet structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or Jet Powder but before applying Jet Liquid or HP LP will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003.

Racing-Service

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 (Blue, Red or Yellow), as the temperature ranges are the same. For a more economical option, omit Jet topcoats. All Race Wax Tips recommend ONLY fluorine-free products. To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.