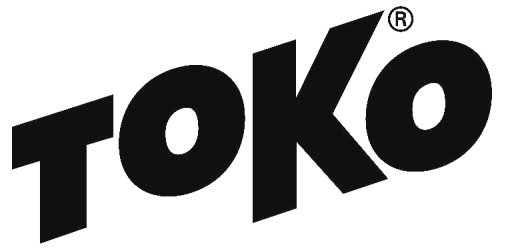


WAX RECOMMENDATION



Besh Cup (JOQ) #5

Jim Whisenant trails at Birch Hill, Fairbanks, AK
(moved from Salcha due to cold temps)

Saturday, February 7

Classic

5K for J2 and all women, 10K for Males J1 and older

Interval start, 5K loop

Forecast/Conditions: Friday, mostly cloudy with a chance of snow, high -5F to 10F. Friday night, mostly cloudy, low -10F to -20F, light winds. Saturday, mostly cloudy with a chance of snow, high -5F to 5F. Clean tracks and very abrasive.

Glidewax: Apply LF Moly/LF Blue mixed 1:1, scrape and brush, then apply HF Blue, sprinkle on Nordlite Powder X-cold, iron in together, scrape and brush. Brush with copper brush and then polish with nylon brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Carbon BaseWax Green very thin, cork smooth, let cool. Check in the Stadium at the Rossignol Tent for updated kick wax recommendation. Expect abrasive snow. Probably 2-3 thin layers of Carbon GripWax Mint will be best, depending on your ski flex.

Structure: A cold linear grind will be best for these conditions. The less structure the better.

Check the WaxTip page at www.TokoUS.com before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes available, skip the Fluorocarbon (JetStream) and substitute the LF or System 3 wax of the same color (Yellow, Red or Blue). For those who do not have a rotocork for applying JetStream, the next best thing is to iron it in.

Racing - Service