

WAX RECOMMENDATION



AMH Anchorage Cup Hickok Duathlon

Kincaid Park, Anchorage, AK

Sunday, January 17

Noon Solo racers; 12:06 P.M. Relay teams

5K Classic, 5K Skate

Mass start pursuit

1 lap classic loop followed by 1 lap skate loop

Forecast/Conditions: Saturday cloudy with a chance of snow, high maybe in the low 30s. Saturday night low 15-25. Sunday high in the 20s. Expect new snow mixed in with the old snow.

Glidewax: Apply LF Moly, scrape and brush, then apply HF Red, scrape and brush. Finish by rotocorking JetStream Red, brush with a dedicated nylon polishing brush and polish with a thermopad.

Gripwax: Roughen base with 150 grit sandpaper, iron in Carbon BaseWax Green, cork smooth, let cool. Check with TOKO in the bunker for the recommended kick wax.

Structure: A universal grind covered by one pass with the Red TOKO Structurite tool (old medium offset wheel) before JetStream application will best suit these conditions.

Racing - Service

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, 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.