

WAX RECOMMENDATION

TOKO[®]

AMH Anchorage Cup Hickok Duathlon

Kincaid Park, Anchorage, AK

Sunday, January 15

Noon Solo, 12:06 P.M.

5K Classic followed by 5K Skate

Wave start

www.anchoragenordicski.com/Racing/AnchorageCup/hickokInformation.htm

Forecast/Conditions: Saturday night mostly clear, low zero F to 10F below. Sunday highs 5 to 15 above. There may be a lot of new snow that fell on Thursday so the tracks should be in great shape.

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

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

Structure: A fine linear grind covered by one pass with the Blue Structurite tool before JetStream application will best suit these conditions.

Regrettably there will be no TOKO representative at this event.
We are both out of state.

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. To see optimal application procedures for both Glidewax and Gripwax, go to www.TokoVideos.com.