

WAX RECOMMENDATION



ASD Lynx Loppet Day 1

Kincaid Park, Anchorage, AK

Friday, December 9

1:30 P.M.

5K Classic

Interval Start

One lap of a 5K loop

<http://www.anchoragenordicski.com/Racing/HighSchools/index.htm>

Forecast/Conditions: Thursday night snow likely. Low in the 20s. Friday possible snow showers in the morning. High in the mid-20s to lower 30s. Possible new snow this week will be mixed with machined 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 Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red, corking between layers.

Structure: A universal grind covered by one pass with the Red Structurite tool 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. To see optimal application procedures for both Glidewax and Gripwax, go to www.TokoVideos.com.