

WAX RECOMMENDATION **TOKO**[®]

Sierra Nordic Duathlon

Auburn Ski Club, Soda Springs, CA

Sunday, January 4

4.5K Classic/4.5K Skate Continuous Pursuit

10 A.M. Interval start

1 lap each discipline, beginning with Classic

Forecast/Conditions: Saturday, mostly sunny, highs in the upper 20s, dry east wind 8-20 mph. Saturday night, partly cloudy, lows in the mid-teens, windy. Sunday, mostly sunny, high of 28, race start 22. Anticipated snow conditions: cold, abrasive, fresh snow from Friday's storm tilled in with older snow with low humidity.

Glidewax: Apply LF Moly, scrape and brush, then apply HF Red/Blue 1:1, scrape and brush. Finish by rotocorking JetStream Red and polishing well with a dedicated nylon polishing brush. HelX Cold and JetStream HighSpeed Moly are excellent alternatives to JetStream Red.

Gripwax: Roughen base with 180 grit sandpaper. Iron in Carbon BaseWax Green and let cool. Cover with 3 thin layers of Carbon Gripwax Blue, add a thicker layer under foot only. If warmer, use Carbon Gripwax Viola covered with a thin layer of Blue. Cork each layer between successive applications.

Structure: A fine stonegrind on soft to medium-flexed skis 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 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.