

# WAX RECOMMENDATION



## Sierra Nordic Duathlon

Auburn Ski Club, Truckee, CA

Sunday, Dec. 20

10 A.M.

10K Classic to Freestyle continuous Pursuit

Interval Start

5K Lap

Forecast/Conditions: Saturday high of 42 with overnight low of 22. Mostly cloudy. Sunday start temperature 30 with high of 39. Partly cloudy. Expect firm tracks and clean-ish 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, heat in a thin layer of Carbon Klister Green, smooth, and let cool. Then heat in a medium layer of Carbon MultiViola Klister, smoothing with your thumb.

Structure: A Medium Flex Ski (both Classic and Skate) with fine linear grind covered by one 'Light' 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](http://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.