

WAX RECOMMENDATION **TOKO**[®]

Crested Butte Nordic Citizens Series

Crested Butte, CO

Saturday, December 20

15k Duathlon – 7.5k classic, then 7.5k skate

10 A.M. mass start, 9 A.M. registration at Nordic Center

Start/finish/transition at Magic Meadows Yurt

Forecast/Conditions: Friday night, mostly cloudy, 60 percent chance of snow with a low around 5F. Saturday, 50 percent chance of snow, mostly cloudy with a high near 10F. Snow will be cold and dry. Snow is setting up well considering recent storms.

Glidewax: Iron in LF Moly, scrape and brush. Iron in HF Blue, scrape and brush out well. Finish by rotocorking JetStream Blue, brush with a dedicated nylon polishing brush, and buff with a Thermopad

Gripwax: : Roughen kickzone with 180 grit sandpaper. Iron in thin Carbon Base Wax Green and let cool. Cover with 3 thin layers of Carbon Gripwax White. If you need more kick after warm up, add layer of Carbon Gripwax Blue. Cork between applying layers. Classic course will be on trails around the yurt, so only gently rolling.

Structure: Fine stonegrind or one pass with Toko Structurite on Fine Linear before ironing in the HF layer.

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.

Racing - Service