

WAX RECOMMENDATION



Gold Run Classic; USSA/NRL race

Gold Run Nordic Center, Breckenridge, CO

Saturday, December 6, 2008

5K or 10K Classic

Race Start 10-12PM; Interval Start

5km loop

Forecast/Conditions: Friday, partly sunny, highs in the mid 30s. Friday night, mostly cloudy, lows in the teens. Saturday, partly sunny with a high around 37.

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 buff with a thermopad.

Gripwax: Sand Kick area with 150 grit sandpaper, then iron in one layer of Carbon Base Green. Then cork in 2 to 3 layers of Carbon Gripwax Blue.

Structure: A fine to a fine-linear stonegrind will best suit these conditions.

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