

WAX RECOMMENDATION **TOKO**[®]

Steamboat Ski Marathon at Lake Catamount

Catamount Nordic Center, Steamboat Springs, CO

Saturday, February 20

9 A.M.

5K/10K/20K/40K Classic & Skate

Wave Start depending on distance/technique,

40K will do two 20K laps

<http://tinyurl.com/y8skzz8>

Forecast/Conditions: Calling for 2-4 inches of snow Friday evening with an overnight low of 14. A 60 percent chance of snow and 10 mph winds on Saturday. The entire Catamount course is void of trees. Expect possible windblown snow in the tracks and on course.

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 polish with a thermopad.

Gripwax: Roughen base with 150 grit sandpaper, iron in Carbon BaseWax Green, cork smooth, let cool. Then apply 2-5 layers of Carbon GripWax Blue depending on distance, corking between layers.

Structure: Fine grind - Boulder Nordic Sports ZR1 or CVO will run well or use 1 pass with the Blue Structurite tool (prior to 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.