

# WAX RECOMMENDATION



## 40<sup>th</sup> Annual Frisco Gold Rush

Frisco Nordic Center, Frisco, CO

Sunday, February 7

9 A.M. 5K/10K Classic

9:45 A.M. 5K/10K Skate

10:30 A.M. 20K Skate

Mass Start

Forecast/Conditions: Saturday night low of 10 with a 30 percent chance of snow. Race air temperature of 19 for early waves and 25 for later waves. Expect firm fast track conditions if it does not snow.

Glidewax: Apply LF Moly, scrape and brush, then apply HF Blue for early starts or HF Red/HF Blue mixed 1:1 for later starts, scrape and brush. Finish by rotocorking JetStream Blue for early starts and JS Red for later starts, 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 3-4 thin layers of Carbon GripWax blue, corking between layers.

Structure: Structure: Fine grind - Boulder Nordic Sports ZR1 or 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](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.