

# WAX RECOMMENDATION



## CRESTED BUTTE RMN JOQ

Crested Butte Nordic Center, Crested Butte, CO

Sunday, Dec. 20

5K-10K Classic

10 A.M. JI/OJ/S men

10:45 A.M. J2/J1/OJ/S women

11:15 A.M. J2 boys

11:45 A.M. - 12:35 P.M. J3-J6

Interval starts

**Forecast/Conditions:** Overnight low 8F. Daytime high 29.

Temperature at first start maybe up to 12-16, later starts in 20s.

No new snow, track firm. Sun will be a factor for women's races and J3-6.

**Glidewax:** Apply LF Moly, scrape and brush, then apply HF Blue, scrape and brush. For Women's & J3-6, LF Moly, then HF Red.

**SPECIAL NOTE:** pure fluoros are not allowed in these races.

**Gripwax:** Roughen base with 150 grit sandpaper; iron in very thin layer Carbon BaseWax Green, cork smooth, let cool. Then apply 2 layers of Carbon GripWax White for earlier starts, Carbon Blue for later starts, corking between layers; carry Carbon Blue with you to the start, for possible cover with 1-2 layers if needed. Carbon Red likely for J3-6.

**Structure:** use your cold grind skis. Or apply a fine linear structure with one pass of the Blue Toko Structurite tool (old fine-linear wheel).

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.

Racing - Service