

WAX RECOMMENDATION



National Ranking List

Steamboat Ski Touring Center, Steamboat Springs, CO

Note: This event was moved from Breckenridge.

Sunday, December 4

9 A.M.

5K/10K Classic

Individual start on a 5K course

<http://www.rm nordic.org/?p=495>

Forecast/Conditions: Overnight low of 6F with 10 percent chance of snow. Start time air temperature will be in the mid-teens but the snow will remain very cold.

Glidewax: Apply LF Moly/LF Blue mixed 1:1, 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 Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Blue, corking between layers. Cover with a thin layer of Carbon GripWax Mint to improve speed on last half of course.

Structure: A fine linear grind covered by one pass with the Blue Structurite tool before 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. To see optimal application procedures for both Glidewax and Gripwax, go to www.TokoVideos.com.