

WAX RECOMMENDATION



RMN JNQ & CU Invitational

Howelson Hill, Steamboat Springs, CO

Saturday, January 14

9 A.M. NCAA Men Start

10 A.M. NCAA Women Start

10:45 A.M. and later for all others - See website

15K/10K/7.5K/5K Classic

Wave Starts

2.5K loop

<http://www.rmnnordic.org/?p=578>

Forecast/Conditions: Overnight low of 6F with an air temperature of 9F at the start of women's race warming to 29 by noon. The course will be a mixture of manmade and new snow. Expect very abrasive conditions.

Glidewax: Apply LF Moly/LF Blue mixed 1:1, scrape and brush, then apply HF Blue, sprinkle on Nordlite Powder X-cold, iron in together, scrape and brush. Finish by rotocorking JetStream Blue, brush with a dedicated nylon polishing brush and polish with a thermopad.

***Note: Overlays are only allowed in the NCAA starting positions.**

Gripwax: Roughen base with 150 grit sandpaper, iron in a thin layer of Nordic Base Klister Green, smooth, let cool. Then apply 4-5 thin layers of Nordic GripWax blue, corking between layers.

Structure: A very fine linear grind 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.