

WAX RECOMMENDATION



ABC Invitational Relays

Theo Wirth Park, Minneapolis, MN

Saturday, January 14

10 A.M. Boys, 11:30 A.M. Girls

4 X 3K relays - 2 Classic and 2 Skate skiers

Mass Start - single loop per skier

www.skinnyski.com/racing/highschool/2012/ABCRelays.pdf

Forecast/Conditions: Friday evening low temperature around 10, rising to 20 for the starts. The course currently consists of old, heavily transformed, dirty manmade snow. The course will be ground and repacked early in the morning, every morning between now and the race. New manmade snow will be mixed in with any natural snow that falls (slight chance). Expect a track that begins solid and turns to sugar snow on the uphill early in the boys' race.

Glidewax: Apply LF Moly, scrape and brush, then apply LF Blue, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply a layer of Nordic Klister Blue in the klister zone, smooth and let cool. Apply at least two layers of Nordic GripWax Blue, one to the entire kick zone, the second to the klister zone.

Structure: A universal structure covered by a pass with the Red Structurite tool followed by the Blue Structurite tool.

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.