

WAX RECOMMENDATION

TOKO[®]

Sisu SuperTour/JNQ

Green Acres, Lake Elmo, MN

Saturday, January 28

Men's 10K Classic start 10 A.M. and 11:30 A.M.

Women's 5K Classic start 11 A.M., 12:30 P.M. and 1:30 P.M.

J2 boys' 5K Classic start 1 P.M.

All races are mass start on this 2.5K loop course.

<http://www.tourdetwincities.com/>

Forecast/Conditions: One to two inches of snow is likely to fall Friday afternoon. Friday evening low around 17 rising into the low 20s for all the races. Most of the race course is old manmade snow with only a smattering of natural snow prior to Friday. Expect firm tracks in a mix of new and heavily transformed, dirty snow. The three major uphill will quickly turn to sugar snow.

Glidewax: Apply LF Moly, scrape and brush, then apply a 1:1 mix of HF Blue/HF Red, iron in together, scrape and brush. Finish by rotocorking JetStream Red, 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. Apply additional layers of Nordic Base Wax Green and Nordic GripWax Red by crayoning one on top of the other and corking the two together.

Structure: A universal grind covered by one pass with the Red 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.