

WAX RECOMMENDATION



Sisu SuperTour/JNQ

Green Acres, Lake Elmo, MN

Sunday, January 29

Skate pursuit starts on a 3.1K loop

9 A.M. Women's 15K; 10:15 A.M. Men's 20K;

11:45 A.M. Junior Girls' 10K; 12:45 P.M. Junior Boys' 10K;

1:30 P.M. J2 Girls' 5K 1:30; 1:50 P.M. J2 Boys 5K

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

Forecast/Conditions: Saturday evening low in the mid-single digits F rising into the high teens during the races. Most of the race course is manmade snow, made in early December, with the addition of the 4-5 inches of natural snow received prior to Friday's expected 1-2 inches. Expect a firm course of mixed 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 HF Blue, scrape and brush. Finish by rotocorking JetStream Blue, brush with a dedicated nylon polishing brush and polish with a thermopad.

Structure: A universal 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.