

WAX RECOMMENDATION **TOKO**[®]

The Ridgenator

Giants Ridge, Biwabik, MN

Sunday December 30, 2007

15K Duathlon

Race Start: 10:00AM

1'st Lap Classic, 2'nd Lap Freestyle

Forecast/Conditions: Saturday night's low around 5F with Sunday afternoon's high around 20F. Expect machine worked and packed powder.

Glidewax: Apply LF Moly/LF Blue (1:1 mix), scrape and brush, then apply HF Blue/X'Cold Powder (1:1 mix), scrape and brush. Finish by rotocorking JetStream High Speed Moly, polishing well with a dedicated nylon polishing brush, and finally buff with a thermopad.

Gripwax: Sand kick zone lightly with 150 grit sandpaper. Apply Toko Base Green, heat and spread with a synthetic cork. Cover with 2-3 layers of Toko Carbon Mint. Those needing extra kick may wish to use Carbon White or Carbon Blue.

Structure: A fine to a fine-linear stonegrind 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 available, skip the Fluorocarbon (HelX, JetStream) and substitute the LF or System 3 wax of the same color (Yellow, Red, Blue). Additionally, for those who do not have a rotocork (for applying JetStream), this step can be replaced by vigorously corking with a dedicated Plasto Cork at the expense of durability.