

WAX RECOMMENDATION



Methow Valley Pursuit

Winthrop town trailhead, Winthrop, WA

Saturday, January 21

10 A.M.

15K Classic Technique

2 at a time Interval Start

Single Loop

<http://mvsta.com>

Forecast/Conditions: New snow is falling in the days leading up to the race and possibly during the event. Overnight low of 15 with temperature at the start expected to be in the low 20s.

Glidewax: Apply LF Moly, scrape and brush, then apply HF Red, 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. Then apply 2 layers of Nordic GripWax Red, corking between layers, possibly covered by a layer of Nordic GripWax Blue if temperatures remain as predicted.

Structure: A linear structure covered by one pass with the Red Structurite tool (before JetStream application) will best suit these conditions. Grinds such as Nordic Ultratune's MVL, XC02 and S2 should be running well.

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.