

WAX RECOMMENDATION



2009 CNGB Western Regional Championships

Rendezvous Ski Trails, West Yellowstone, MT

Friday, Dec. 11

9 A.M. Zero, 10 A.M. Start

10K Sprint (men), 7.5K Sprint (women), Skating

Individual Start, 30 second interval

Multiple loops

Forecast/Conditions: Overnight low -15F with temperature at start zero F and an expected high of 9F. Expect well-groomed, firm track conditions with cold older snow and some cold new snow mixed in. Partly cloudy, chance of light snow throughout the day.

Glidewax: Apply System 3 Blue, sprinkle on Nordlite Powder X-cold, iron in together, scrape and brush. 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 fine linear structure 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.