

WAX RECOMMENDATION



Seeley Lake Challenge Biathlon

Seeley Nordic Ski Trail, Seeley Lake, MT

Saturday, January 21

11 A.M. 9K/5.4K/3K Youth Classic

2 P.M. 9K/4.5K Skate

30 second interval start format

www.raceseeley-montana.info

Forecast/Conditions: Overnight low around 24, high of 36 on race day. Temperature at 11 A.M. in upper 20s to low 30s and in mid-30s at 2 P.M. Expect fresh snow overnight and during race day and soft track conditions.

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 3-5 layers of Nordic GripWax Red, corking between layers. Use Nordic Grip Wax Yellow if temperature is in low 30s. Adjust as needed.

Structure: A fine/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.