

Intermountain Youth Championships

Jug Mountain, Donnelly, ID Saturday, February 26 9 A.M. 1K/2K/3K Skate 1 P.M. Skier Cross Skate Interval start 1-2 loops www.mccallnordic.com/intermountain-youth-championships/

Forecast/Conditions: Cold overnight temperatures throughout week. Friday night low -2F, 10 at 9 A.M. with the high in the mid-20s and mostly sunny. Jug Mountain can also be colder than forecasted. Snowpack is mostly old, transformed snow packed firm. Due to the high volume of skiers, the course will be fairly skied in.

Glidewax: ALL IYC RACES ARE FLUORO-FREE. Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Blue Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush.

Structure: A universal structure covered by one pass with the Red Structurite tool followed by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

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Check the Wax Tips page at TokoUS.com before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the <u>How To</u> link at <u>TokoUS.com</u>.