



Saturday, February 27, 2010

American Birkebeiner

Weather Report

Friday Night: Partly cloudy. Lows 5°F to 10°F.

Saturday: Partly cloudy. Highs 25°F to 28°F. Northeast winds 5 to 8 mph.

Race Conditions

Expect a firm trail with a mix of transformed snow and fine grained dry snow turned up by the groomer.

The trail may ski a little colder than expected at the start... first 2 to 3 waves

Wax Recommendation

Wax Recommendation (Preliminary)

Glide Wax:

Apply 2 layers of HSF 10 Green over 1 layer of HS-20 Blue

Top coat with Flite **Cold** 100% Fluoro Speed Additive

Glide Wax: Option wave 5 – 6 and back

Apply 2 layers of HSF 20 Tan over 1 layer of HS-20 Blue

Top coat with Flite **Cold** 100% Fluoro Speed Additive

Grip Wax: Iron in a binder as the first layer and add 3 to 4 layers of

Rode Multigrade Green/Blue

For extra kick add Rode Super Blue or Super Blue Extra

Later waves have on hand Rode Violet Special

Ski

Medium to Stiff ski with a Fine Grind or Universal Grind (no added structure)

Finite Structure Tool: 0.2 mm linear

Check the Tech Data sheets for additional alternative recommendations

Visit our web site at www.skifastwax.com for more waxing tips and recommendations