



WAX RECOMMENDATION

EVENT: BOGUS BASIN CHALLENGE #3

Technique: Free (Skate)

Distance: Sprints

Frontier Point Lodge, Bogus Basin, Boise, ID

Wednesday, February 14

Start: 7:00pm - Under the lights! Teams selected from preliminary sprint times.

Forecast:

Tuesday Night: Mostly cloudy. North wind 9 mph. Low 30.

Wednesday: Mostly cloudy. Northwest wind 6 mph. High 39.

Wednesday Night: Mostly cloudy. Probability of measurable precipitation 50 percent. Low 34.

Ski Selection: Soft flex ski. Structure is going to be key for laying down fast sprint times.

Base Prep: Clean skis with **Swix CH8 or CH10**. Scrape and moderately brush using Course Bronze Brush (T0158) or Steel brush (T0163). This is very important to OPEN UP the base to receive wax. Scrape and brush with Fine Steel Brush (T0197) or Medium Course (T162).

GLIDE WAX

Base Race Wax: Apply **HF8BD**. Scrape and brush with Swix Fine Steel Brush (T0197) or Medium Course (T162). Finish brushing with a Swix Blue Nylon (T0160)

Speed at all costs race wax: Cover the above base wax with **FC01 Turbo Block**. Iron in at 145C, 5 seconds tip to tail. Cool for five minutes and brush out using stiff black nylon brush (T0194) or horsehair followed by Blue Nylon (T0160). The FC01 can also be corked in and brushed out using the handy **Combi Brush (T196)**. This brush has natural cork on one side and short, fine nylon bristles on the other.

Structure: **Swix Super Riller T401** .75mm linear rill. Apply rill after you have finished scraping and brushing.

KICK WAX

N/A

Harlequin Romance Excerpt: "I am hurt," Fabio said, "Your words have stung me down to my very soul. I am a kind and gentle nordic skier. I mean you no harm. Come here and give me a hug." She looked at me warily as I sported my bright red Idaho Nordic suit. After a moment's hesitation, she took a cautious step forward and wrapped her arms around me. I could smell her hair tainted with HF8 and Cera F. It was nice, really nice. Suddenly, she stepped back and slapped me again....

For detailed application instructions check out the
Swix School of Waxing at

SWIX[®] *racing.us*