



WAX RECOMMENDATION

EVENT: 2007 Payette Lakes Marathon

30km, 15km Free-Technique
Saturday, February 24, 2007
10:00am Mass Start

Forecast:

Friday: A 40 percent chance of snow showers. Cloudy, with a high near 30. New snow accumulation of around an inch possible.

Friday Night: 30 percent chance of snow showers. Mostly cloudy, with a low around 10.

Saturday: Cloudy, with a high near 28. Chance of precipitation is 60%

Ski Selection: soft flex ski

Base Prep: Clean skis with **Swix Base Prep 99 OR CH10**. Scrape and brush using Course Bronze Brush (T0158) or Fine Steel brush (T0192).

GLIDE WAX:

Race Wax: Apply **HF7**. Scrape and brush with Swix Fine Steel Brush (T0197) or Medium Course (T162). Finish brushing with Swix Blue Nylon (T0160).

Speed at all costs race wax: Cover the above wax with **Swix FC07 Cera F Powder or 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.

This is the test event for the 2008 World Masters and is the final event of the 2007 Idaho Nordic Race Series.

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

SWIX® racing.us