SWIX RACING SERVICE

WAX RECOMMENDATION

EVENT

Payette Lakes Marathon - 36K (point to point) and 10K

FORECAST

Friday night low of 15.
Saturday high near 43. Mostly Sunny.

STRUCTURE

Snow Classification: Group 3 - Old, Transformed Snow
Structure - .3mm Roller with light pressure

GLIDE WAX

BASE PREP: Brush 20 strokes tip to tail with medium bronze brush (T162) prior to applying glide wax.
PREP GLIDE WAX: Hot scrape with CH8 or LF8 to clean and prep the base if dirty.
RACE LAYER GLIDE WAX:
FAST: SWIX LF7
FASTER: SWIX HF7BW
SUPER FAST: SWIX HF7BW with FC7. (FC1 or 7BW can be used in place of FC7)
Apply race wax SWIX LF7 or SWIX HF7BW. Cool then scrape and brush with Swix Medium Bronze Brush (T162) 10 strokes.
Do final brushing blue nylon (T160) 15 strokes.
FC7 application: See Swix Wax Manual or check out www.swixschool.no

KICKWAX

In kick-zone:
Sand lengthwise with 80 grit paper. Iron in fine layer of VG35 binder and cork smooth; let cool.
The temperature is expected to rise rapidly so the tracks should glaze. Build Pyramid of Power (6-8 progressively shorter layers) using VR45. If the temperature is cold at start you may want to cover the Pyramid with a find layer of VR40.
36K is quite far with no kick - don't be fooled by low temperatures at the start!