

## Wax Suggestions for City of Lakes Loppet

The little snow that is in Minneapolis is expected to be just below freezing.

So the wax of the day is HF8 and Cera 200 and medium structure. 1mm

## Wax Suggestions for Boulder Mountain Tour

### Forecast for Saturday Feb 1st:

Please see race headquarters forecast sheet and local news for most accurate weather forecast. Currently the weather says there will be an overnight low of 16F with a high of 39F during the day. The humidity will be very high, making this a key day to have fluoro's on your skis.

### Swix Glide Recommendation:

Testing this week has shown HF8BD and HF8 to be very fast, as well as HF7BD and HF7. There is a lot of moisture in the snow...definitely Swix weather! An overlay of Cera F will be important! Swix recommends the following:

First, iron in one layer **Swix LF8**. Scrape and brush using a fine or medium Swix bronze brush.

Iron in **Swix HF8BD or Swix HF8** ( if this is not available, use Swix HF7BD or HF7 as they tested nearly as fast) **HF8BD** performs very well in these conditions. At the recently held US Nationals, it was a hit in weather and snow very similar to the current conditions. Scrape and brush with the fine bronze brush.

Finish by ironing in **Swix Cera F 200**, the winningest wax of all time on the World Cup! If it does rain then **Cera 080** will be the best. In these conditions you can have confidence like the rest of the world that Swix is the fastest wax by far! Apply according to directions in the Swix Racing Manual or see a Swix or Subaru Factory Team representative with questions.

### Swix Structure Recommendation:

Coarse structure is recommended. Use the Swix riller with a 1.0 or 2.0 blade.