

Wintersonnewende race 2012

Gaylord, MI

SOLDA

This is a shortened, 5km or 10 km skate race that begins at 9:30 am. The course this year is fairly flat on the golf course.

The current NOAA forecast is:

Tonight: Increasing clouds, with a low around 26. Southwest wind 5 to 15 mph.

Friday: Mostly cloudy, with a high near 34. Northwest wind around 5 mph becoming calm in the morning.

Friday Night: Partly cloudy, with a low around 26. Southeast wind 5 to 10 mph.

Saturday: Rain and snow likely after 1pm. Mostly cloudy, with a high near 35. Southeast wind around 15 mph. Chance of precipitation is 60%.

Here is how I would prepare my skis for this race. The skis I would pick would be medium flex and medium grind. It looks like the race should finish before the temps get about freezing. I would estimate start time temp at around 29F. Temps should hover just under freezing at the finish. Humidity looks to be holding at between 80 and 90. %. The snow is thin and transformed. It could be somewhat dirty.

Base: Start with a layer of Solda HC 28. You can drip, iron and scrape this, or crayon a dry layer on to a clean base. Cover this with a layer of Solda UF7 scraped and brushed.

Paraffin layer: Solda F40 Orange Carbon. If you don't have F40 Orange Carbon, crayon another layer of Solda HC28 and wax over it with Solda F31 Orange or F40 Orange Special.

Top Coat: Apply Solda Fluor 100 powder or spray, or Powerjet 1. The spray is fine for the 5km race. The heated powder will probably last longer for the 10km.

Budget wax would be :

Base: HC 28 and UF7

Paraffin: F31 Orange.

Ski Well,

Bert