



Wax Recommendations

COTE DAME MARIE LOPPET

Freestyle 30km

Hanson Hills Recreation Trails

Start time: 10:00 AM for 30 km skate race

Due to low snow depth, the course is modified to a shorter, 4 lap race.

The NOAA forecast:

Tonight: Snow showers likely, mainly before 3am. Cloudy, with a low around 9. Wind chill values as low as -2. West wind 5 to 10 mph. Chance of precipitation is 70%. Total nighttime snow accumulation of around an inch possible.

Friday: Snow likely, mainly between 1pm and 4pm. Mostly cloudy, with a high near 29. South wind 5 to 10 mph. Chance of precipitation is 70%. New snow accumulation of around 2 inches.

Friday Night: A chance of snow and freezing drizzle before 10pm. Cloudy, with a temperature rising to around 32 by midnight. West wind 10 to 15 mph. Chance of precipitation is 30%.

Saturday: Snow showers with areas of blowing snow after 1pm. High near 37. Southwest wind 10 to 15 mph. Chance of precipitation is 80%.

SKIS:

This makes picking skis and wax challenging. If waxing one pair of skis I would pick a pair with medium to stiffer flex. Hard snow calls for one kind of ski and base. Soft, wet, new snow calls for a different flex and base. If there is old snow and there is free moisture, use a fairly aggressive grind or structure. If there is new snow, use a less aggressive linear pattern. New snow will want a tip that will "float" over the soft snow. Firm, icy snow will require a stiffer ski with some tip pressure out toward the shovel.

SOLDA GLIDE WAX:

Base: Solda UF7 scraped and brushed. Then add a layer of S30 Hardener. Scrape the S30 lightly when it is still warm, but do not brush.

Paraffin: If there is no new snow and the race is on old, hard tracks go with Solda F40 Special Red. If there is new snow on the track go with Solda F40 Special Orange.

Top Coat: On a cloudy day with temps below freezing and stable temps during the race, go with Solda HP04.

If it is warm and "melty" go with Solda Fluor 100.

BUDGET WAX:

Base: Solda UF7

Paraffin: Solda F31 Orange.

Ski Well, Bert