



# Wax Recommendations

## MICHIGAN CUP 6 HOUR TEAM RELAY.

Date: Sat, Jan 5, 2013

Time: 10:00 AM

Where: Hanson Hills Recreation Area

What: (3 person teams) Men, Women, and Co-Ed divisions. Relaxed start, each member must complete at least 1 timed 5K loop between 10:00 am and 4:00pm. Most *combined individual laps determine winning team.*

TIME: 10:00-4:00pm

DISTANCE: 5-100K

DISCIPLINE: FREESTYLE /CLASSIC

**Tonight:** Scattered snow showers, mainly before 9pm. Cloudy, with a steady temperature around 25. Southwest wind 5 to 15 mph. Chance of precipitation is 50%.

**Friday:** Cloudy, then gradually becoming mostly sunny, with a high near 31. West wind 10 to 15 mph.

**Friday Night:** A chance of flurries. Mostly cloudy, with a low around 20. West wind 5 to 10 mph becoming light after midnight.

**Saturday:** Mostly cloudy, with a high near 29. Calm wind becoming south around 5 mph in the morning.

**Saturday Night:** A 30 percent chance of snow. Cloudy, with a low around 24. South wind around 5 mph becoming calm in the evening.

**Sunday:** A 50 percent chance of snow. Cloudy, with a high near 28.

I would pick a pair of skate skis with medium linear type grind, medium to medium stiff flex. The forecast looks like a start time air temp of about 22F. Temperature at the finish around 29F. Sky cover will be mostly cloudy. Humidity between 80 and 90%.

### **Solda Glide wax:**

Base: Mix Solda UF7 and Performance Green 50/50. Scrape and brush. You could use F15 Violet instead.

Paraffin: If there is some new snow before Saturday, go with Solda F40 Orange Special. (Could use F31 Orange. If there is now new snow and the snow is older and transformed, go with Solda F40 Red Special (F40 Red would be good.)

Top Coat: Solda HP04

### **Budget wax:**

Base: Solda Performance Green

Paraffin: Solda F31 Orange.