

## Wax Recommendation:

Event	Mt. Itasca Midwest JNQ	
Date, Time	1.23.22, 10am	
Technique, Distance	Classic, 7.5km mass starts	
Location	Mt. Itasca, Coleraine, MN	

Overnight Temperature (F°)	-10f
Day Temperature (F°)	-4f at start and warming to 4f
Precipitation, Snow Type	Old cold snow
Wind	light wind

## **Glide Wax Recommendation**

Good	SG Graphite	RG Green	
Better	RG Race Graphite	RG Race Green	
Best	RG Race Graphite	RG Ultra Green	

## **Kick Wax Recommendation**

Base	Apply a thin layer of Blue terva no corking.	Follow with a thin layer of basewax extra and iron together.	
Kick 1	Apply 3-6 layers of synthetic green	corking between each layer	
Alternative	+speed, apply a super thin layer of synthetic "nordic" black	+kick, use the same base, apply synthetic blue instead of green.	