



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.	