

Race day ski and board preparation, FIS competitions

You will need: Legacy F1, F2, Q1 and Q2 fluoro hot waxes, Legacy F1P, F2P, Q1P and Q2P fluoro pastes, Race Rocket rub-on kit, Q6L fluoro spray or Q6 powder, and Butter. For conditions colder than -14°C , Psycho Old Snow and Psycho Old Snow pastes.

The system: The best results are with the sequence hot wax, paste wax, overlay.

Before you get to the hill: The night before, iron in the hot wax based on the forecast (always go colder 5°C than the forecast to be safe), scrape and brush. (You can also scrape and brush in the morning). The morning of the race, look at the actual snow conditions and apply the corresponding paste. If the weather is not what was expected, adjust by using the appropriate paste. For example, you had a forecast for -9°C old snow, (you waxed for -14°C old snow to be safe) so the hot wax call was for Q1 (old snow, -7°C to -15°C). Let's look at four possible scenarios for the morning of the race:

1. The snow conditions are old snow from -15°C to -7°C . The Q1 is the perfect wax for the conditions, lay the Q1P paste on top, let dry, buff and brush.
2. The snow is warmer than expected, let's say -4°C . This is Q2 temperature (-7°C and warmer), lay the Q2P paste on top, let dry, buff and brush.
3. The snow is colder than expected, let's say -14°C and it is snowing. This is F1 temperature (new snow, -7°C to -15°C). Lay the F1P paste on top, let dry, buff and brush.
4. The snow is much colder than expected, let's say -20°C . You can still get good glide out of Q1 by applying the suitable paste on top (Psycho Old Snow Paste for old snow or Psycho New Snow Paste for new snow).

On the hill: You are looking at three temperature ranges in terms of overlays for the first run:

1. Wet snow at round 0°C , you can make a snowball and it stays together: Use Butter overlay.
2. Snow temps from just below melting and down to -7°C : Use Q6L spray or Q6 for all types of snow, overlay the Q6L or Q6 with Race Rocket if the snow is very aggressive.
3. Snow temps colder than -7°C : Use Race Rocket overlay.

Between runs, brush well with a brass horsehair hand or roto-brush. Refresh depending on the conditions at the time:

1. Wet snow at round 0°C , you can make a snowball and it stays together: Butter will last for a few runs, refresh with Q6L spray or Q6 between runs.
2. Snow temps from just below melting and down to -7°C : Here you have two options, depending on the time available between runs. 45 minutes or more (SL, GS), use Q2P or F2P pastes. Less than that (SX, PAR, SBX), rub on Q2 or F2 block LIGHTLY on the base depending on conditions, buff in with the Pro Glide, brush, use Q6L spray on top
3. Snow temps colder than -7°C : Use Race Rocket overlay, for the warmer part of the range (-7°C to -10°C), spray very lightly Q6L on top and buff to a shine.

The above system ensures that you will always have the ideal wax for the conditions.