

SWIX®

2007 American Birkebeiner Wax Report



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IMPORTANT RACE WAXING CONSIDERATIONS

FORECAST

Friday mostly cloudy, 30% chance of snow. Low temp 17F (-8C). High of 26F (-3C). Saturday, mostly cloudy, 10-14mph East wind. Low of 17F (-8C). High of 35F (-2C). 60% chance of snow. Humidity is expected to be between 70-80%.

COURSE CONDITIONS

Track is very firm. Snow is considered abrasive due to the transformed older snow. Significant dirt is present. New Swix MB77 Moly Base prep and Black Devil HF waxes will be necessary. BD repels dirt and is a shearing type lubricant.

WAXING CONSIDERATIONS

1. Base Preparation - Clean glide zones with Swix Base Prep 99 using the "hot scrape" method. Scrape and brush using Swix Coarse Bronze Brush (T0158) or Swix Fine Steel Brush (T0192). This is very important to "open" up the base to receive race wax. Apply one layer of new Swix MB77 base conditioning wax. Scrape and brush with Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162).

2. Durability - For a race of this length, durability is key. Therefore it is important to use layers of wax and make sure the ski base is 100% saturated. After above base preparation is completed, follow glide wax recommendations on page 3. Kick wax recommendations are on page 4 if you will be classic skiing the Birkebeiner.

3. Brushing - Be sure to scrape & brush each wax layer as if it is a final race layer. We recommend using the Swix Fine Steel Brush (T0192) or the Swix Medium Bronze Brush (T0162) as the first brushes after scraping. These are by far the best brushes to use for removing excess wax from fine / medium structure. Final polish with a Blue Nylon Brush (T0160) or White Nylon (T0161) is recommended.

4. SKI SELECTION & STRUCTURE - Use a medium flex ski with a medium or universal grind. If you need to add structure to your skis, use the Swix T401 Super Riller and apply a .75mm linear rill. Do this after race glide waxing & brushing is finished. Do a final brushing after applying rill with your nylon polishing brush.

GLIDE WAX APPLICATION

SPEED-AT-ALL-COST Waves Elite-5

Base Race Glide Wax: Apply one layer of Swix HF7 Black Devil. Scrape and brush with Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162).

Race Glide Wax: Apply Swix FC7 Cera F Powder. Iron in with one pass down each side of the groove with temperature at 155C. Pass should take 5-6 seconds. Let cool 10 minutes. Brush up powder w/ Black Nylon Brush (T0160). Iron again as above. Let cool 20 minutes. Brush out with Wild Boar Brush (T0164) or Swix Black Nylon Brush (T0160). Finish polish with Blue Nylon (T0160).

SPEED-AT-ALL-COST Waves 6-10

Base Race Glide Wax: Apply one layer of Swix HF8 Black Devil. Scrape and brush with Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162).

Race Glide Wax: Apply Swix FC8 Cera F Powder. Iron in with one pass down each side of the groove with temperature at 145C. Pass should take 5-6 seconds. Let cool 20 minutes. Brush out with Wild Boar Brush (T0164) or Swix Black Nylon Brush (T0160). Finish polish with Blue Nylon (T0160).

HIGH PERFORMANCE All Waves

Base Race Glide Wax: Apply one layer of Swix HF8 Black Devil. Scrape and brush with Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162).

Race Glide Wax: Apply Swix FC1 Turbo Solid Cera F. Rub on layer & hand cork in. Rub on 2nd layer. Iron in with one pass down each side of the groove with temperature at 145C. Pass should take 5-6 seconds. Let cool 20 minutes. Brush out with Swix Black Nylon Brush (T0160). Finish polish with Blue Nylon (T0160).

PERFORMANCE Waves 1-5

Base Race Glide Wax: Apply one layer of Swix LF7. Iron in, let cool 20 minutes. Scrape and brush with Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162).

Race Glide Wax: Apply one layer Swix HF7 Black Devil. Let cool 20 minutes, scrape & brush out using Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162) and finish polish with Blue Nylon (T0160).

PERFORMANCE Waves 6-10

Base Race Glide Wax: Apply one layer of Swix LF8. Iron in, let cool 20 minutes. Scrape and brush with Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162).

Race Glide Wax: Apply one layer Swix HF8 Black Devil. Let cool 20 minutes, scrape & brush out using Swix Fine Steel Brush (T0192) or Medium Bronze Brush (T0162) and finish polish with Blue Nylon (T0160).

RECREATION SPORT

Prepare your skis as described on page 2 then simply apply two layers of Swix LF8 glide wax or Swix LF Liquid Violet.





RACING SERVICE

KICK WAX APPLICATION

KICK ZONE PREP

Remove old kick wax and clean base with Swix wax remover and Swix fiberlene. Let base dry. Use 80-100 grit sandpaper and sand kick zone in a manner parallel to the ski base, not cross hatching. The new Swix T0011 Cork & Sandpaper combi tool works great for this!

BASE KICK WAX

Make sure kick zone is clean and sanded as per above. Apply a layer Swix VG35 Base Wax. Rub on solid layer. Iron in, 110C. Let cool. Lightly cork smooth (2-3 strokes). Apply two layers of Swix V40 Blue Extra. Cork very smooth between each layer. You are now ready to apply final race wax.

RACE KICK WAX

Apply 6-8 thin layers of Swix VR50 Hard Wax. Cork smooth after each layer. Do not "drag" all the wax down or up the kick zone. Cork in both directions... pulling up from the heel & down from the high point. Build the wax in the middle of the kick zone which is directly under the ball of your foot. If skiing in waves 6-10, apply 6-8 thin layers of Swix VR55 Hard Wax instead of the Swix VR50.

2007BIRKEBEINER WAX CHECKLIST

Glide Wax	Qty	Kick Wax	Qty	Brushes	Qty	Tools	Qty
BP99		VG35 base		Fine Steel		Iron	
MB77		V40BlueExtra		Coarse Bronze		Scraper	
LF6		VR50		Medium Bronze		Structure tool	
LF7		VR55		Black Nylon		Structure-blades	
LF8		VR60		Wild Boar		Waxing cork	
HF7BD		VR65		Blue Polish		T0011 Cork	
HF8BD		Klisters		White Nylon		Fiberlene	
HF7						Sandpaper	
HF8							
FC7 Cera F							
FC8 Cera F							
FC1 Turbo Solid							

