WAX RECOMMENDATION



ASC CLASSIC HOLIDAY SPRINTS

Auburn Ski Club Training Center, Soda Springs, CA - Saturday, Dec 21 10 A.M. Prelim- Interval start, 11 A.M. Heats 1.3k, Classic only https://www.asctrainingcenter.org/events-races/nordic-races/

<u>Forecast/Conditions:</u> Overnight low 32, temperature at start 34, with a daytime high of 38. Transforming groomed snow with a wintery mix of snow and rain expected on race day. Cloudy and windy with a 90 percent chance of precipitation during the race.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Yellow, let stand at least 2 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush.

<u>Gripwax:</u> Roughen kick zone with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Yellow, corking between layers. You may wish to finish with 1 layer of Nordic GripWax Red corked smooth. Zero skis, or similar, may also be an option. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

<u>Structure:</u> A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003

Racing-Service

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the <u>How To</u> link at TokoUS.com.