

# WAX RECOMMENDATION



## RACE OF THE METHOW COMMUNITY RACES

Liberty Bell High School, Winthrop, WA – Sunday, Feb 2

10:45 A.M., 7.5k Community race, Classic

Wave start

<http://www.methowvalleynordic.com>

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**Forecast/Conditions:** Overnight low of 8F predicted with a 50 percent chance of continuing light snowfall through the events. Air temperature should rise to around 21 at Citizen race time but snowpack should remain in the teens. Ginzu grooming should occur in the early morning, prior to the JNQ.

**Glidewax:** Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Blue, let stand overnight, 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, scrape and brush.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red, corking smooth between layers. Final layer should be added at the venue based on snowfall and temperature. Most likely the final layer will be GripWax Blue or an additional layer of GripWax Red for those desiring more kick.

**Structure:** A fine or universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

*Created by David Ford, Toko Tech Team member since 2003*

***Racing-Service***

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Check the [Wax Tips](#) page at [TokoUS.com](http://TokoUS.com) 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 [How To](#) link at [TokoUS.com](http://TokoUS.com).