

# WAX RECOMMENDATION



## Methow Valley Nordic Festival & Pursuit - Updated!

Winthrop Cub Creek Trailhead to Mazama, WA

Sunday, January 22

9:30 A.M. first Pursuit racer, 10 A.M. Citizens race

30K Classic or Skate technique (separate categories)

Pursuit start

Point to Point

<http://methowtrails.org>

**Forecast/Conditions:** Overnight low in the 20s with temperature at start in the upper 20s. A 90 percent chance of snow during event with the temperature rising by the finish to the 28-34 range.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by crayoning JetStream Yellow, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Yellow, corking between layers.

**Structure:** A universal structure covered by one pass with the Yellow Structurite tool (before JetStream application) will best suit these conditions.

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

Check the [Wax Tips](#) page at [TokoUS.com](http://TokoUS.com) before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes, skip the Fluorocarbon (JetStream) and substitute the LF or NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at [TokoUS.com](http://TokoUS.com).

Racing - Service