

WAX RECOMMENDATION



Langlauf

Selkirk Lodge, Mount Spokane XC Park, Spokane, WA

Sunday, February 12

10 A.M.

10K Classic technique

Mass start, Single lap, triple tracked

<http://www.spokanelanglauf.org>

Forecast/Conditions: Significant snowfall, then rain and wind Thursday that should taper off by Friday night potentially ending with some snow. Forecast as of 8 A.M. Thursday shows overnight low Saturday night of 23 rising to a Sunday high of 33 under partly sunny skies. Snow temperature at the start estimated to be around 27.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red/HF Yellow, mixed 1/1. 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: Due to rapidly changing conditions, Fitness Fanatics will be giving kick wax advice at their shop at 6 P.M. Friday and at the venue at 8:30 A.M. on race day. The end of the storm may dictate choices of Toko spray klister binder or Nordic Base Wax Green applied to a sanded kick zone roughened with 150 grit sandpaper. Thin spray klister is easily covered by the kick wax of the day of either klister or hard wax.

Structure: A medium linear or universal structure covered by one pass with the Red 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 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.

Racing - Service