

WAX RECOMMENDATION



Race of the Methow JNQ - Updated!

McCabe Trails, Liberty Bell HS, Winthrop, WA

Sunday, February 5

9 A.M.

550m, 1.5K, 2.5K, 3.5K, 5K, 10K, Classic

Individual start. U18 + older do 10K

10K is 2 laps of 5K

<http://www.methowvalleynordic.com>

Forecast/Conditions: Overnight low of 20 with an 80 percent chance of snow prior to and possibly during event. Snow temperature between 23 and 25 for entire event. Make judgement on site for kick wax on temperature and actual snowfall. See Toko bench at start area.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, scrape and brush. Finish by crayoning JetStream Red, 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. HF and JetStream for U16 and older only. No HF or topcoats for U14 and younger.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth and let cool. Check in at Toko bench at start for updates. Likely Nordic GripWax Red covered with a speed layer of Blue.

Structure: A medium linear 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