

WAX RECOMMENDATION



Methow Valley Nordic Festival & Pursuit

Cub Creek Trailhead, Winthrop, WA

Sunday, January 21

9:30 A.M. first pursuit racer

30K, Classic or Freestyle technique (separate events)

Pursuit start

Cub Creek to Mazama

<http://www.methowtrails.org>

Forecast/Conditions: Overnight low of 21 at Cub Creek with a temperature at the start around 25. A 90 percent chance of snow during event with the temperature at the finish predicted to be around 30F. Race course will be groomed by PistenBully and should be much cleaner than Saturday.

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.

Gripwax: Roughen base with 150 grit sandpaper. Iron in Nordic Base Wax Green, cork smooth, let cool. Apply 3-4 layers of Nordic GripWax Red, corking between layers. Apply your final layers of kick wax at the start in case conditions are changing.

Structure: A Universal or fine linier structure covered by one pass with the Red Structurite tool (before JetStream application) will best suit these conditions.

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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 or HelX) 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