

WAX RECOMMENDATION



Race of the Methow JNQ

Liberty Bell High School, Winthrop, WA

Sunday, February 11

9 A.M. first start

1.5K to 10K, Skate

Mass start by distance (see website for start times)

10K is 2 laps of the 5K course

<http://www.methowvalleynordic.com>

Forecast/Conditions: Overnight low of 15 with temperature predicted to rise to near 35 by race completion under sunny skies. Conditions should be firm and fast.

Glidewax: Apply LF black, scrape and brush, then apply HF Red/HF Blue mixed 1:1, 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. For U14 and under, apply LF Black, scrape and brush, then apply LF Red, scrape and brush.

Gripwax: NA

Structure: A coarse linear structure covered by one pass with the Blue 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