

WAX RECOMMENDATION



XC Oregon HS Invitational

Mt. Bachelor Nordic Center, Bend, OR

Saturday, January 26

10:30 A.M.

5K Skate

20 second interval start

1 Lap

3 x 1K Relay Skate to follow

Forecast/Conditions: Overnight low of 22. Saturday, clear and sunny, with a high near 46.

Glidewax: This is an LF only race. Apply LF Black, scrape and brush. then apply LF Red and LF Yellow mixed 2:1, scrape and brush.

Gripwax: N/A

Structure: A universal grind covered by one pass with the Red Structurite tool will best suit these conditions.

Racing - Service

Created by Colin Mahood, Toko Tech Team member since 2000.

Check the [Wax Tips](http://TokoUS.com) 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.