

WAX RECOMMENDATION



Langlauf

Mount Spokane XC Park, Mead, WA

Sunday, February 10

10 A.M.

10K, Classic technique

Wave start

Single lap. See website for details.

<http://www.spokanelanglauf.org>

Forecast/Conditions: With record cold temperatures during the preceding week followed by major winds and some snow through Saturday, expect cold and slow snow. Snow temperature at race time predicted to be around 5F under cloudy skies.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-Cold Powder and iron them together, scrape and brush. Finish by crayoning JetStream Blue, 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. Then apply 3 layers of Nordic GripWax X-Cold, corking between layers.

Structure: A fine/cold structure or creating one with a single pass with the Blue Structurite tool after ironing JetStream and prior to brushing 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