

WAX RECOMMENDATION



Race of the Methow JNQ

Liberty Bell High School, Winthrop, WA

Saturday, February 1

9 A.M. First Qualifier start

1.25K and shorter loops in Classic technique

Interval start qualifiers then minimum 3 heats

Single loop

<http://www.methowvalleynordic.com>

Forecast/Conditions: Thin wet snowpack that will break down over the course of the day. Overnight low of 37 Friday night with high of 44 during the event. An 80 percent chance of rain during the heats.

Glidewax: U14 NF-only, U16+ HF allowed. For U14, apply Base Performance Yellow, scrape and brush. For U16+, apply Performance Black Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush. For BP or HP Liquid Paraffins, apply BP (U14) or Performance (U16+) Red Hot Wax, scrape and brush, then spray on BP or HP Liquid Yellow, let sit for at least one hour (overnight is best), polish with the Polishing Brush Liquid Paraffin.

Gripwax: Roughen base with 150 grit sandpaper, apply Nordic GripSpray Base Green. Work it in to the sanded base with thumb in klister zone. Then apply a thin layer of Nordic Klister Yellow, corking smooth, adding more if necessary later in the heats.

Structure: A Wet structure or covering other structures with one pass with the Yellow Structurite tool after scraping and brushing final Hot Wax or before spraying Liquid Paraffin will best suit these conditions.

Created by David Ford, Toko Tech Team member since 2003. dave@TokoUS.com

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 High Performance (Liquid Paraffin or Hot Wax) and substitute the Performance or Base Performance 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