

# WAX RECOMMENDATION



## Besh Cup #5

Kincaid Park, Anchorage, AK

Saturday, February 1

Noon

5K/10K, Free technique

Mass start

1 and 2 laps

[www.crosscountryalaska.org/besh-5-6-details](http://www.crosscountryalaska.org/besh-5-6-details)

**Forecast/Conditions:** Overnight low -1F, temperature at start 5F. Snow will be well transformed old and very cold snow. Partially cloudy, wind 0-5 mph.

**Glidewax:** Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Blue, let stand for at least one hour in a warm room (overnight is best), then polish with the Polishing Brush Liquid Paraffin.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers each of Nordic GripWax Blue and GripWax X-Cold, alternating waxes and corking between layers. The final layer should be GripWax Blue

**Structure:** A fine universal grind covered by one pass with the Blue Structurite tool after scraping and brushing the HP layer or before spraying on the HP LP will best suit these conditions.

Created by Ira Edwards, Toko Tech Team member since 1995. [ira@bluedotdist.com](mailto:ira@bluedotdist.com)

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

Racing - Service