

WAX RECOMMENDATION **TOKO**[®]

Race of the Methow JNQ - Updated!

Liberty Bell High School, Winthrop, WA

Sunday, February 2

9 A.M. U18 and older start

1.5K to 10K, Freestyle technique

Wave start by distance

4 X 2.5K loop for 10K, 2 X 2.5K loop for 5K

<http://www.methowvalleynordic.com>

Forecast/Conditions: Overnight low of around 20 rising to around 33 by race completion. Mostly cloudy skies with a 20 percent chance of snow on a much firmer base than Saturday.

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

Structure: A Universal structure or covering others with one pass with the Red Structurite tool after scraping and brushing Hot Wax or before spraying Liquid Paraffin 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 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