

WAX RECOMMENDATION



Besh Cup #6

Government Peak Rec Area, Palmer, AK

Sunday, February 2

Noon

5K/10K, Classic technique

Mass start

1 and 2 laps

www.crosscountryalaska.org/besh-5-6-details

Forecast/Conditions: Overnight low -10F, temperature at start 5F to 10F. New or lightly transformed cold snow. A 30 percent chance of new snow on race day.

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. If new snow is accumulating in the tracks, it may be wise to test skiing outside the tracks on the groomed corduroy for the early starters.

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.

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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