

WAX RECOMMENDATION



Mount Spokane Nordic Cup JNQ

Mount Spokane XC Park, Mead, Washington

Sunday, January 19

9 A.M.

15K, 10K, 3K and lollipop races, Classic technique

Wave starts by distance

3 laps = 15K. 3K is a separate course

<http://www.spokanenordic.org>

Forecast/Conditions: Overnight low of 25 with an 80 percent chance of snowfall expected during the night. Sunday's expected high to reach 31 by race completion under cloudy skies.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Red, let sit in a warm room for at least one hour (overnight is best), polish with the Polishing Brush Liquid Paraffin. (NF rules apply to U14 and under skiers.)

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Red, corking between layers.

Structure: A universal structure covered by one pass with the Red Structurite tool after scraping and brushing HP Hot Wax or before spraying 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