

WAX RECOMMENDATION



Langlauf

Mount Spokane XC Park, Mead, WA

Sunday, February 9

10 A.M.

10K, Classic technique

Wave start

Single lap

<http://www.spokanelanglauf.org>

Forecast/Conditions: Overnight low of around 19 Saturday night rising to near freezing by noon under partly sunny skies. Snow temperature should be around 28. Tracks should be firm and fast.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush. For HP Liquid Paraffin, apply Performance Red Hot Wax, scrape and brush, then spray on HP Liquid Yellow, let sit in a warm room for at least one hour (overnight is best), 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 3 layers of Nordic GripWax Red, corking between layers. Skiers desiring more kick should cork together Red and Yellow in their final layer. Fitness Fanatics will be on site for kick waxing help if conditions change.

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