

## Ski Rennan/Washington Cup Race #2

http://www.skileavenworth.com

New Race Location! Plain Valley Ski Trailhead, Plain, WA Sunday, February 9 10 A.M. First Wave Lollipop through 4.5K, Classic technique Wave starts 1 lap. See website for details including NF/LF only.

Forecast/Conditions: After a warm and wet week, conditions should be firm and fast after a good overnight freeze with a low of 23 Saturday night. Temperature expected to rise to 39 by race completion under mostly sunny skies.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply Performance Yellow Hot Wax, scrape and brush. For Base Performance Liquid Paraffin, apply BP Red Hot Wax, scrape and brush, then spray on BP 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, spray on Nordic GripSpray Green and work in to sanded klister zone with thumb. Cover with 1 thin layer of Nordic Klister Red, corked smooth.

**Structure:** A wet structure covered by one pass with the Yellow Structurite tool after scraping and brushing Performance Hot Wax or before spraying BP Liquid Paraffin will best suit these conditions.

Service

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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.