

WAX RECOMMENDATION



Frisco Gold Rush

Frisco Nordic Center, Frisco, CO

Saturday, February 8

9 A.M.

25K, 10K, 5K Skate and 10K Classic

Mass starts by distance/technique

2 laps for 25K and 1 lap for 10K/5K

More info [here](#)

Forecast/Conditions: Overnight low of 15 warming to low 20s at start. Expect soft track conditions from the recent new snow and gusty wind conditions

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 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 2-3 thin layers of Nordic GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying Liquid Paraffin will best suit these conditions.

Racing - 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.