

# WAX RECOMMENDATION



## Spokane Challenge Loppet

Mount Spokane XC Park - Mead, WA

Sunday, 8 March

8A.M. 50K Start

50K, 30K, 20K, Freestyle or Classic technique

Wave Start by distance

20K and 10K loop (see website for details)

<http://www.spokanenordic.com>

**Forecast/Conditions:** Overnight low of 24F should make for some great conditions for this race with a firm snowpack including new snow in the days leading up to the event. Partly sunny skies are predicted with a slight chance of morning snow flurries with snow temps expected to rise to 32F by noon.

**Glidewax:** Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Red/Yellow Hot Wax mixed 50/50, 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. Topcoats may be added 1 hour after HP application if desired.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Red. Fitness Fanatics will be on site helping with kick solutions if conditions change.

**Structure:** A universal structure covered by one pass with the Yellow 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](http://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](http://TokoUS.com).

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