

## **Stafford Nordic Relays**

Stafford Nordic Center, Stafford VT Sunday, 8 March 10:15 A.M. BKL, 11:45 A.M. Open 1K two times each. Sprint relay, Skate Mass start http://www.staffordnordicskiing.com

Forecast/Conditions: Morning low of 21 F. Temps rising to 31 F by first race start and 35 for later starts. Partly cloudy.

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

## Gripwax: N/A

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 <u>Wax Tips</u> page at <u>TokoUS.com</u> 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.

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