

Gore Snow Bowl, North Creek, NY Saturday, January 16 9:30 A.M. 5K-10K, Classical technique Interval start Multiple laps More info here

Forecast/Conditions: Overnight low 33, temperature at start 34. Manmade snow, PistenBully groomed, 50 percent chance of new mixed precipitation under cloudy skies.

Glidewax: Apply Base Performance Yellow Hot Wax, scrape and brush. Spray on Base Performance Liquid Paraffin Yellow, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, iron in BP Yellow Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Yellow, corking between layers.

Structure: A wet structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final BP Hot Wax or before spraying BP Liquid 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. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.