

# WAX RECOMMENDATION



## Race of the Methow JNQ

Liberty Bell High School, Winthrop, WA

Sunday, January 31

Noon to 3 P.M. Individual starts

1.5K, 2K, 3K, 5K, 10K, Classic. Single laps except 10K

<http://www.methowvalleynordic.com> for details

Forecast/Conditions: PistenBully groomed with a 60 percent chance of snow overnight and continuing to fall after grooming. Overnight low of 24 rising to 32 at race time with a 50 percent chance of continued precipitation.

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

Gripwax: Roughen base with 150 grit sandpaper, iron in a thin layer of Nordic Base Wax Green, cork smooth, let cool and cover with 2 layers of Nordic GripWax Yellow. Be prepared to apply your final layer based on moisture falling at the time of your race. Cork smooth and let cool before skiing. Early starters might find a Nordic GripWax Red final layer to be adequate kick while later starters or those wanting more kick might apply Nordic GripWax Yellow.

Structure: A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying BP Liquid 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. 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](http://TokoUS.com).

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