

# WAX RECOMMENDATION



## Criss Cross Grinder

Chickadee Trailhead, Winthrop, WA

Monday, March 8, through Sunday, March 14

Self-scheduled event, First 2 days NEW EVENT

Wax tip for March 8 and 9, assumes an 8 A.M. start

4.6K and 1.7K, Classic technique

<http://www.methowvalleynordic.com>

Forecast/Conditions: Transformed and firm, adequate depth snowpack groomed daily by PistenBully. Forecast for the week looks good for firm and fast conditions. Sunday night low of 17 rising to 37 Monday under clear skies. Monday night low of 18 under partly cloudy skies continuing into Tuesday's high of 38.

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

Gripwax: Roughen base with 150 grit sandpaper, iron in a thin layer of Nordic Base Klister Green, cork smooth, let cool and cover with Nordic Klister Red/Klister Blue 1:1 mix. Cork smooth and let cool before skiing.

Structure: A universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax or before spraying BP Liquid will best suit these conditions. If you think that you may arrive late, add a pass with the Yellow Structurite tool over the Red.

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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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