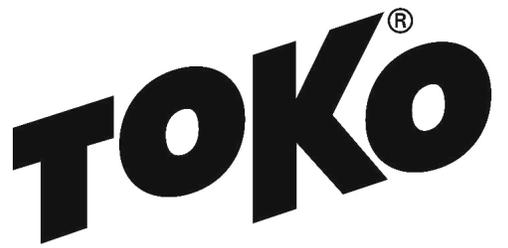


WAX RECOMMENDATION



Washington Nordic Cup #2

Meadow Loop, Plain, WA

Sunday, January 9

Noon race start

1K, 800m, 600m, lollipop sprints in classic technique

Kings Court format

Single lap per heat

<http://www.WNCup.org>

Forecast/Conditions: Major snowstorm followed by four days of grooming with minor snowfall continuing to fall through Friday. Overnight low of 20 Saturday night with daytime high reaching 31 by race completion Sunday under partly sunny skies.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, race on your BP Red Hot Wax unless weather predictions warm up 3 or 4 degrees or you have a 600m or lollipop event with a later start time where HP Yellow hot wax could be substituted for Red.

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

Structure: A fine or 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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Racing - Service

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 you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at TokoUS.com.