

# WAX RECOMMENDATION



## Besh Cup #4 Classic Interval Start

Tsalteshi Trails, Soldotna, AK

Sunday, January 16

11 A.M. Start

5K/10K, Classic Interval Start, 1-2 laps

<https://www.crosscountryalaska.org/besh-3-4-details>

**Forecast/Conditions:** Overnight low of 18 with a 30 percent chance of snow, Sunday has a chance of snow before 3 P.M. Partly sunny, with a high near 25. Clean base of transformed snow from previous days, well groomed.

**Glidewax:** Apply High Performance Blue Hot Wax, scrape and brush. Spray on HP Liquid Paraffin Red, let stand overnight, then polish with the Polishing Brush Liquid Paraffin.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 thin layers of Nordic GripWax Red, corking between layers.

**Structure:** A universal structure covered by one pass with the Red Structurite tool. This is after scraping and brushing HP Hot Wax or before spraying HP LP.

Created by Ira Edwards, Toko Tech Team member since 1995. [ira@bluedotdist.com](mailto:ira@bluedotdist.com)

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 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](http://TokoUS.com).

Racing - Service