

WAX RECOMMENDATION **TOKO**[®]

Chasing the Sun Biathlon

Liberty Bell High School, Winthrop, WA

Sunday, February 13

9 A.M. Initial Zeroing, Race starts through 1 P.M.

2.4K Novice, 10K Men, 7.5K Women

Wave start by distance

<http://www.methowvalleynordic.com>

Forecast/Conditions: Overnight low of 22 rising to 32 by around 10 A.M. and reaching 39 by 1 P.M. Fully transformed and firm snowpack with some dirt at the surface from the past week's 40 degree daily temperatures.

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, apply BP Red Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: NA

Structure: A universal structure or covering a linear structure with one pass with the Red Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions. I would not add any additional structure to any warm stone grind because of the dirt on the surface in places.

Created by David Ford, Toko Tech Team member since 2003. fordstruc@gmail.com

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.

Racing - Service