

WAX RECOMMENDATION **TOKO**[®]

Langlauf

Mount Spokane XC Park, Mead, WA

Sunday, February 6

10 A.M.

10K, Classic technique

Mass start, Single lap

<http://www.spokanelanglauf.org>

Forecast/Conditions: Overnight low of 23 following a week with winds and minor snowfall. Race time snow temperature of around 27 with a very firm mostly transformed snowpack 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, after scraping and brushing BP Red Hot Wax, apply HP Yellow Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green in the klister zone, cork smooth, let cool. Then apply 3-4 layers of Nordic Base Wax Green, corking between layers. Use this method only if 3 or more inches of snow has fallen in the 3 days before the event. Fitness Fanatics will be set up on site early with updated klister recommendations should inadequate snow fall prior to event.

Structure: A universal structure covered by one pass with the Yellow 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.