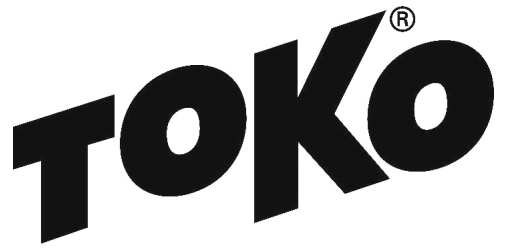


WAX RECOMMENDATION



Frisco Gold Rush

Frisco Nordic Center, Frisco, CO

Saturday, February 12

10 A.M.

5K/10K/20K Skate, 10K Classic

Mass start by technique and distance

Loops

Event link [here](#)

Forecast/Conditions: Slight chance of snow Friday night < 1 inch and a low of 3F. Air temperature warming to 17 by 10 A.M. with windy conditions. The wind will keep the snow much colder.

Glidewax: Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush. Spray on HP LP Blue, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue/X-cold Powder, scrape and brush, then apply HP Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

Created by Stephen White, Toko Tech Team member since 2005.

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