

Bjornloppet Freestyle

Bear Valley XC, Bear Valley, CA Saturday, February 12 10:30 A.M. 10K/20K, Freestyle Mass start 2 laps http://www.bvadventures.com

Forecast/Conditions: Overnight low 32, temperature at start 42, high of 54. Old transformed and sugar snow, slightly dirty. Mostly sunny with light winds.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red 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 Blue Hot Wax, apply HP Red Hot Wax, scrape and brush.

Gripwax: N/A

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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Created by Ben Grasseschi, Toko Tech Team member since 2003.

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 <u>How To</u> link at <u>TokoUS.com</u>.