

Washington Biathlon Association Race #8

Stevens Pass Nordic Center, 5 miles east of Stevens Pass, WA Saturday, April 2 9:45 A.M. Zeroing, 10:45 A.M. Race 5K Men, 4K Women Super Sprint modified format See website for more details http://www.wabiathlon.org

Forecast/Conditions: Overnight low of 31 rising to 43 during the day with a 75 percent chance of mixed moisture falling after grooming and during event. A light breeze out of the west is predicted.

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.

Structure: A universal or fine 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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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.