

# WAX RECOMMENDATION



## Crested Butte Community Race Series

The Bench/Ruthies Run

Crested Butte Nordic Center, Crested Butte, CO

Saturday, December 10

10 A.M.

5K Classic

Mass start, 1 lap

Race link [Here](#)

Forecast/Conditions: Overnight low of 1F, mid-teens at start under mostly sunny skies, slight chance of snow overnight.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Blue Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, 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 grind with no additional structure will best suit these conditions.

**Racing - Service**

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Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).