

## Besh Cup #4

Government Peak Recreation Area, Palmer, AK Sunday, January 15 11 A.M

7.5K/15K, Freestyle, Interval start

https://www.crosscountryalaska.org/besh-3-4-details

Forecast/Conditions: Saturday night low around 25 with a 30 percent chance of light snow. Temperature at start near 30 with a 30 percent chance of light snow, mixed with older transformed machine groomed snow. Cloudy skies and light winds.

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 Performance Blue Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: N/A

**Structure:** A warm/universal grind structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions. Snow will be warm but won't have a lot of free water in it.

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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.

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