

Washington Nordic Cup #2

Meadow Loop, Plain, WA Sunday, January 15 11 A.M. Course inspection, Noon First race 5K, 2K, 1K and Lollipop races in Freestyle technique Skiercross course Wave start www.wnccup.org

Forecast/Conditions: Overnight low of 32 Saturday night after several days of above-freezing temperatures. Temperature at start around 36 with a 50 percent chance of rain. Soft and relatively clean snowpack groomed daily.

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 HP Yellow Hot Wax, scrape and brush. If you do use HP LP Yellow spray, you may also apply at the venue and ski immediately after application while still wet, with no brushing or polishing.

<u>Gripwax:</u> NA

Structure: A warm 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.

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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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