



Washington Nordic Cup #3 - Updated!

Golf Course Trails, Leavenworth, WA Sunday, January 22 Noon 5K, 2K, 1K and Lollypop, Classic technique

Wave start by distance. 5K is 2 laps

www.wncup.org

Forecast/Conditions: Overnight low of 26, temperature during event 35-36. Partly cloudy skies Sunday with rainfall expected to end by midday Saturday. A well-saturated and transformed relatively clean 27" snowpack will be groomed with 4 set tracks.

Glidewax: Apply Base Performance Red Hot Wax, scrape and brush. Spray on Base Performance Yellow Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. LP Yellow can also be sprayed at the venue and run wet without brushing with good results. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply Performance Yellow Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Klister Green, cork smooth, let cool. Then apply a layer of Nordic GripWax Yellow and cork smooth.

Structure: A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying BP LP will best suit these conditions.

Created by David Ford Toko Tech Team member since 2003. fordstruc@gmail.com

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.

ervice