



## Grand Lake Skate Race

Grand Lake Nordic Center, Grand Lake, CO Sunday, January 29 10 A.M. 30K/15K/7.5K, Skate Mass start by distance on a 7.5k loop More info here

Forecast/Conditions: Snow likely Thursday through Sunday morning with an inch or two possible Saturday night with a low of 1F. Air temperature in the mid-teens by the start of the race warming to low 20s by race end. Expect cold and breezy conditions.

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: N/A

**Structure:** A fine grind with no additional structure will best suit these cold, dry 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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