

## Washington Biathlon Association Race 4

Stevens Pass Nordic Center, Stevens Pass, WA Sunday, February 19 10:30 A.M. Zeroing, 11:30 A.M. Race 12.5K Men, 10K Women Pursuit format

http://www.wabiathlon.org

Forecast/Conditions: Overnight low of 27, temperature at start around 33 with winds from the west from 13-38 mph. Moist snow is predicted for the afternoon but is currently predicted to hold off until the end of competition.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand one hour, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: N/A

**Structure:** A universal 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.

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.

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