

# WAX RECOMMENDATION **TOKO<sup>®</sup>**

## Alta Vista Skiathlon

Alta Nordic Trail, Alta, WY

Saturday, February 25

10 A.M.

16K/7K/3K, Classic-Skate duathlon

Mass start

2 loops

<https://tvtap.org/events/av23/>

Forecast/Conditions: Overnight low in single digits F.  
Temperature at start in the low teens, packed powder 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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply several layers of Nordic GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue 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](http://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](http://TokoUS.com).

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