

WAX RECOMMENDATION



Frisco Gold Rush

Frisco Nordic Center, Frisco, CO

Saturday, February 11

10 A.M.

20K, 10K, 5K, Skate and Classic

Mass start by distance & technique

5K loop

More info [here](#)

Forecast/Conditions: Overnight low around 8F warming to mid-20s by race start with windy conditions. The wind will keep the snow dry and colder.

Glidewax: Apply High Performance Blue/Red Hot Wax mixed 1:1, 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 Red/Blue Hot Wax mixed 1:1, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Red, 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.

Created by Stephen White, Toko Tech Team member since 2005. xcwhite@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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