

WAX RECOMMENDATION

TOKO®

Langlauf

Mount Spokane XC Park, Mead, WA

Sunday, February 5

10 A.M.

10K, Classic technique

Mass start

Single lap

<http://www.spokanelanglauf.org>

Forecast/Conditions: Chance of wet snow falling without much accumulation from Friday through Sunday. Forecast calls for accumulation between 4 A.M. and race start on Sunday with a low of 30. Race temperature of 33. The snowpack is fully transformed and firm until snowfall begins. A 90 percent chance of wet new snow.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin 1-2 hours prior to start, 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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Yellow, corking between layers. Fitness Fanatics Ski shop will be on site for kick wax updates if conditions change.

Structure: A fine or universal structure covered by one pass with the Red 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 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.

Racing - Service