

WAX RECOMMENDATION



Ski to the Sun Marathon and Relay

Mazama Corral Trailhead, Mazama, WA

Saturday, February 11

8:15 A.M. Classic, 8:45 A.M. Skate Wave 1

40K, Classic, Skate, and Relay Teams

Mass start by wave

Point-to-point

<http://www.methowtrails.org>

Forecast/Conditions: Overnight low of 19 on a firm, fast and fully transformed 40" base containing some dirty sections, especially near road crossings. Mostly cloudy skies with a noon snow temperature predicted in the 27 to 29 range at Sun Mountain.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Then apply High Performance Blue Hot Wax, scrape and brush. Spray on HP Red Liquid Paraffin, let stand 2 hours, 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 Hot Wax, scrape and brush. Para Nordic or Relay team members should apply HP LP Red for legs 1-4, HP LP Yellow for 5-6 of the relay. Apply Red spray 2 hours prior to your start, Yellow spray 1 hour prior, then polish.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Klister Green, cork smooth, let cool. Then apply a layer of Nordic Klister Red/Klister Blue 2:1, cork smooth and let cool.

Structure: A fine structure will be adequate with no additional structure needed.

Created by David Ford, Toko Tech Team member since 2003. fordstruc@gmail.com

Racing - Service

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.