



## Dublin Double Eastern Cup Freestyle Sprint Race

Dublin School Nordic Center, Dublin, NH Saturday, February 18 10 A.M. 1.3K, Skate 15 second interval start 1 lap More info here

Forecast/Conditions: Friday night low of 16, Saturday morning temp at race time in the mid-20s. Sunny, high later in the day in the high 30s. Mix of artificial and transformed snow, PistenBully groomed.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Then apply High Performance Red Hot Wax, scrape and brush.

Gripwax: N/A

**<u>Structure:</u>** A universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

Created by Stuart Kremzner, Toko Tech Team member since 2005. 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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