

## WAX RECOMMENDATION TO KO 2023 Intermountain Vand

Soldier Hollow Nordic Center, Midway, UT Sunday, February 26 9 A.M.

1K to 3.3K based on age

Classic technique

Mass start format

https://www.parkcityss.org/event/show/525728305

Forecast/Conditions: Overnight low 17, temperature at start in mid-20s, cloudy with snow likely in the late morning. Course will be a mix of newer natural and manmade snow.

Glidewax: To encourage affordability and reduce the ski arms race for children, this tip is Base Performance only. Apply Base Performance Blue Hot Wax, scrape and brush. Spray on Base Performance Red Liquid Paraffin, let stand overnight, then polish with the Polishing Brush for Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply BP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of GripWax Red, corking between layers.

Structure: A universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax or before spraying BP LP will best suit these conditions.

Created by Barry Makarewicz, Toko Tech Team member since 2000. 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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