

WAX RECOMMENDATION TOKO®

Mount Spokane Nordic Cup JNQ

Mount Spokane XC Park, Mead, WA

Sunday, February 19

9 A.M.

3K/ 5K/10K, Classic technique

Interval start

2 laps for 10K

<http://www.spokanenordic.org>

Forecast/Conditions: Overnight low of 24, snow temperature at start around 27. Snow temperature at race completion for late starters could reach 31. A fully transformed snowpack with a 40 percent chance of light snowfall. Mostly cloudy skies throughout the event.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand for one hour, 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 Klister Green, cork smooth, let cool. Then apply a layer of Nordic Klister Red, corking smooth and letting cool completely.

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

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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.