



Hyak Sno Park Exit 54 I-90, Snoqualmie Pass, WA Sunday, March 12

10: A.M.

10K, 5K, 2.5K

Classic or Freestyle

http://www.snoqualmienordic.com

Forecast/Conditions: Overnight low 24, race time temperature 35 with a 60 percent chance of moisture falling. The snowpack should be on the soft side after the previous week's wet snowfall.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand for 2 hours, 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, apply Nordic Base Klister Green spray, thumb in to the klister zone until very tacky. Then apply 3 layers of Nordic GripWax Yellow or Klister Yellow at the venue, based on type and amount of moisture falling prior to race start. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

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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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.