

WAX RECOMMENDATION TOKO®

Spokane Nordic Challenge

Mount Spokane XC Park, Mead, WA

Sunday, March 5

8 A.M. to 9:30 A.M. start times

50K, 30K, 20K, Skate or Classic technique

Wave starts by distance

20K and 10K loop

<http://www.spokanenordic.com>

Forecast/Conditions: Fresh snowfall that started Thursday will make for good race conditions on top of the 30 inch old snow base. Predictions are for light snow possibly continuing daily through race day. Overnight low of 18 Saturday night with a high of 29 by race completion. A cloudy day with a 40 percent chance of snow.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red Liquid Paraffin, let stand overnight, 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.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Red finishing with a layer of GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue 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](#).