

Washington Nordic Cup Final

Cabin Creek Exit 63 Hwy 90, Snoqualmie Pass, WA Saturday, March 4 10 A.M. First qualifiers, Individual start 1200, 800, 300 meters, Freestyle technique Kings Court Format http://www.WNCup.org

Forecast/Conditions: New snowfall in the days leading up to the race will make for softer conditions than we have had for some time. Overnight low of 25 rising to near 34 by race completion with continuing light snow fall expected under cloudy skies.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand 2 hours, then polish with the Polishing Brush Liquid Paraffin, HP LP Yellow can also be sprayed and skied immediately for one heat with great results. 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: N/A

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.

Created by David Ford, Toko Tech Team member since 2003. fordstruc@gmail.com 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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