

# WAX RECOMMENDATION TOKO®

## NHIAA Division 2 Nordic State Championships

Great Glen Nordic Center, Gorham, NH

Wednesday, March 8

10 A.M. Classic, 1:15 P.M. Skate

4.2K, Classic/Skate

15 Second Interval Start

1 lap

Forecast/Conditions: Tuesday night low of 21, Wednesday morning temperature at race time 25. Mostly cloudy, high later in the day in the mid-30s. Fresh snow, PistenBully groomed.

Glidewax: For Classic, apply Base Performance Blue Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush. For Skate, apply BP Red Hot Wax, scrape and brush, then apply HP LP Yellow. For best results in these conditions, spray and go ski, no wait, no brush, no polish. 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 Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic 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 HP LP will best suit these conditions.

Created by Stuart Kremzner, Toko Tech Team member since 2005.

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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