

# WAX RECOMMENDATION **TOKO**<sup>®</sup>

## Western Club Championships Skiathlon

Auburn Ski Club Training Center, Soda Springs, CA

Saturday, March 18

9 A.M.

2x3K, Classic then Skate

Mass start

2 laps

<http://auburnskiclubtrainingcenter.org>

**Forecast/Conditions:** Overnight low 24, temperature at start 28, with a high of 45. Transformed snow with light winds and mostly sunny skies.

**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 Klister Green, smooth, let cool. Then apply Nordic Klister Red and Blue 2:1, smooth and let cool before skiing.

**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 Ben Grasseschi, Toko Tech Team member since 2003.

Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

**Racing - Service**