

## Wasatch Citizens Series #5

White Pine Farm, Park City, UT Saturday, March 18 10 A.M. 5K/10K/20K, Skate technique Mass start by age groups 3 loops of 6.5K for 20K https://utahnordic.org/wcs/

Forecast/Conditions: Overnight low of 10, temperature at start around 25. Frozen, mostly transformed clean snow. High of 40, calm and sunny.

<u>Glidewax</u>: Apply BP Blue Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush. Spray on High Performance Yellow 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 Blue Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush.

<u>Structure</u>: A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

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Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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 <u>How To</u> link at <u>TokoUS.com</u>.