

WAX RECOMMENDATION **TOKO**[®]

Roy Varney Memorial - Quarry Rd Opener

Quarry Road Trails, Waterville, ME

Saturday, December 16

10 A.M.

1.3K, Classic Sprint

Interval start

1 loop

<http://quarryroad.org>

Forecast/Conditions: Overnight low of 33 rising to 38 by race time and staying in the 30s all day. All manmade snow and PistenBully groomed.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand at least 2 hours, then polish with the Polishing Brush Liquid Paraffin. 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 Klister Green. Then apply a 1:1 mix of Klister Red and Klister Yellow. For extra kick add more Klister Yellow.

Structure: A wet 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 Rob Bradlee, Toko Tech Team member since 2000. Rob@FreedomTrailNordic.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.

Racing - Service