

Winter Warm-Up

Elm Creek Park Reserve, Maple Grove, MN Saturday, December 23 8:30 A.M. 10K/5K, Freestyle Mass start <u>https://pioneermidwest.com/pages/winter-warm-up</u>

<u>Forecast/Conditions</u>: Temperatures between now and the start are not forecast to be below freezing. Overnight low expected to be 36 rising to 38 by race time. Mostly cloudy with a light wind. Expect this course of manmade snow to have some surface moisture and soften with skier traffic.

<u>Glidewax</u>: Apply High Performance Red Hot Wax, scrape and brush. Spray on HP LP Yellow, let stand at least 2 hours, then polish with the Liquid Paraffin Polishing Brush. If you do not have LP spray, apply Base Performance Blue Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

<u>Structure</u>: A fine linear grind covered by one pass with the Yellow Structurite tool after scraping and brushing the final HP Hot Wax layer or before spraying HP Liquid 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>.