



## Lapham Loppet

Lapham Peak State Park, Delafield, WI Saturday, January 13 10:30 A.M. 11K, Skate and Classic Wave starts Multiple laps TBD Lapham Loppet and Family Fun Day | Peak Nordic

Forecast/Conditions: Significant fresh snow and HIGH winds expected Friday and overnight with expected low in the high 20s. On Saturday expect mixed sections of soft and blowing snow over sections of firm/icy manmade snow. Race time air temperature in the high teens with windchills in the single digits!!

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on HP LP Blue 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, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then, due to track glazing, apply 3 thin layers of Nordic GripWax Red, corking between layers.

**Structure:** A fine linear structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions.

Created by Ben Lund, Toko Tech Team member since 2000. 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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