

WAX RECOMMENDATION



Chasing the Sun Biathlon

Liberty Bell High School, Winthrop, WA

Saturday, January 20

10:15 A.M. Zeroing, 11:30 A.M. Race start

2.4K Novice to 10K Masters

Interval start w/Masters and Youth starting first

10K is 5 laps

<http://www.methowvalleynordic.com>

Forecast/Conditions: Overnight low of 20 with temperature at start around 25 rising to 29 by completion. Six inches of snowfall in recent days. A 40 percent chance of light snow possible during event.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red Liquid Paraffin, let stand at least 2-4 hours, 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: N/A

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

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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