



Washington Nordic Cup #3

Meadow Loop Parking Lot, Plain, WA Sunday, January 21 Noon race start for Skiercross 5K/2K/1K and lollipop in Classic technique More info at http://www.wncup.org

Forecast/Conditions: A wintery mix of moisture falling in days leading up to the race. Overnight low of 23 with temperature at start of 32 and predicted to rise during event. A 70 percent chance of snow post-grooming and at event start, changing to rain before completion.

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: Today will be a good day for skin skis, fishscales or hairies/zeros. For skin skis or scales, the kick zone should be properly cleaned with Skin Cleaner, let solvent completely evaporate. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

Structure: A wet grind or covering others with 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.

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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.