

WAX RECOMMENDATION **TOKO®**

AMH Hickok Skiathlon

Kincaid Park, Anchorage, AK

Sunday January 7

Noon

10K Skiathlon and 5K Skiathlon

Mass start

anchoragenordicski.com/races/amh-anchorage-cup/#tab-id-2

Forecast/Conditions: Saturday night overcast, low 26. Sunday snow showers early and steady snow likely later in the day.

Temperature nearly steady in the low to mid-30s. Trails should be in excellent condition with the new forecast snow mixed with the older snow.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on HP LP Yellow, let stand at least 2 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 Yellow Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 thin layers of Nordic GripWax Red, corking between layers.

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

Created by Patrick McGownd, Toko Tech Team member.

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