



## Wasatch Citizen Series Race #1

White Pine Farm, Park City, UT Saturday, January 13 10 A.M. Juniors, 10:20 A.M. Adults 10K, Classic technique Interval start Multiple laps: either 2 or 3 laps https://utahnordic.org/wcs/

Forecast/Conditions: Overnight low 15, temperature at start in the low 20s. There will be a lot of new snow leading up to this event and likely during the race also. The snow should be dry, windblown and the track will likely be soft and loose.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Then apply HP Blue Hot Wax/HP Red Hot Wax mixed 1:1, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red, corking between layers. If the track is very loose you might try extending your kick wax pocket about 2-3cm on the front for better contact and more grip.

**Structure:** A fine universal stone grind structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

Created by Barry Makarewicz, 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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