

2024 Mansfield Nordic Skiathlon

Sleepy Hollow Ski Center, Huntington, VT Saturday, February 10 10 AM 12K, 5K, or shorter for BKL Mass start by category <u>https://www.skireg.com/mncskiathlon</u>

<u>Forecast/Conditions</u>: Overnight 40 degrees with temperature rising to high 40s by midday Saturday. Sunny in the morning with clouds coming later. Conditions will be groomed wet transformed manmade snow.

<u>Glidewax</u>: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand at least two hours, then polish with the Liquid Paraffin Polishing. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

<u>Gripwax</u>: Roughen base with 150 grit sandpaper, iron in Nordic Base Klister Green, cork smooth, let cool. Apply one thin layer of Klister Yellow, smooth and let cool. If icing occurs, cover with 1-2 thin layers of GripWax Yellow or Red, corking smooth.

<u>Structure</u>: A wet structure covered by 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. Servic **ACING**

Created by Ben Lustgarten, Toko Tech Team member since 2020.

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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 <u>How To</u> link at <u>TokoUS.com</u>.