

WAX RECOMMENDATION

TOKO[®]

Langlauf

Mount Spokane XC Park, Mead, WA

Sunday, February 4

10 A.M.

10K, Classic technique

Mass start in assigned zones, Single lap

<http://www.spokanelanglauf.org>

Forecast/Conditions: Temperature is finally predicted to drop below freezing after a very warm and wet week. Overnight low of 30 rising to 33 during event. A 50 percent chance of snow falling after grooming on top of a firm 26" base. Weather forecast for the 36 hours prior to the race is for a 60 percent chance of 2+ inches of new snow.

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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Apply Nordic GripWax Yellow at the venue with an option to add Nordic Grip Spray Yellow corked in together with your top two hard wax layers, only if necessary, for kick. Fitness Fanatics will have a tent on site to help with Gripwax.

Structure: A universal structure covered 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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Racing - Service

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.