

## Mount Spokane Loppet

Mount Spokane XC Park, Mead, WA Sunday, March 3 8 A.M. 50K, 9 A.M. 30K, 9:30 A.M. 20K, Skate and Classic Wave starts, 20K and 10K loops https://www.spokanenordic.org/loppet

Forecast/Conditions: After a week of high winds and additional snowfall of 7-18" predicted to fall between Thursday and race day, expect clean and untransformed firm conditions. Overnight low of 18 rising to 30 by completion of event for the final skiers. A 60 percent of light snowfall predicted during the race.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush, then sprinkle on High Performance Red Powder, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Red, corking between layers. Finish with a light cover of GripWax Blue, cork smooth. Those desiring a stronger kick may wish to stay all GripWax Red.

**Structure:** A universal structure covered with one pass with the Red Structurite tool after scraping and brushing the final Hot Wax/Powder 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.