

Dublin Nordic Center, Dublin, NH Sunday, February 11 10 A.M. 10K, Skate Interval start Three loops http://dublinxc.com

Forecast/Conditions: Overnight low of 35 rising to 38 by race start. Partly cloudy.

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

Gripwax: N/A

Structure: A wet structure covered by one pass with the Yellow 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.