

# WAX RECOMMENDATION TOKO®

## Frisco Gold Rush

Frisco Nordic Center, Frisco, CO

Saturday, February 10

10 A.M.

20K & 10K Skate/Classic

Mass start by technique/distant

1 lap

More info [Here](#)

Forecast/Conditions: Overnight low of 5F, temperature in the mid-teens at the 10 A.M. start. Snow forecast overnight and during the race. I do not expect a lot of accumulation.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Blue, 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 Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 thin layers of Nordic GripWax Blue, corking between layers.

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

Created by Stephen White, Toko Tech Team member since 2005.

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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