

Mount Spokane Nordic Cup JNQ

Mount Spokane XC Park, Mead, WA Saturday, February 17 9 A.M. XCX Skate Sprint 1.26K all categories w/waxing restrictions <u>http://www.spokanenordic.org</u>

<u>Forecast/Conditions</u>: Overnight low of 17 with snow temperature around 20 at the start and 30 at the finish. Primarily transformed snow with a potential for a few inches of new snow Thursday and Friday mixed in to the firm and fast 28" base.

<u>Glidewax</u>: Apply Base Performance Blue Hot Wax/BP Red Hot Wax mixed 1:1, scrape and brush, then apply BP Red Hot Wax, scrape and brush.

Gripwax: N/A

<u>Structure</u>: A universal or fine structure covered with one pass with the Red Structurite tool after scraping and brushing the Hot Wax will best suit these conditions.

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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>.

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