

## Cheri Walsh Memorial Eastern Cup

Holderness School, Holderness NH Saturday, February 24 Noon 1.1K, Skate sprint Interval start 1 lap

Forecast/Conditions: Wet snow and rain on Friday. Overnight a strong northwest wind will drop the temperature to 14 in the morning. Windy and temperatures in the teens all day.

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: N/A

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

Service

Created by Rob Bradlee, Toko Tech Team member since 2000. Rob@FreedomTrailNordic.com

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.