

Mount Spokane Nordic Cup JNQ

Mount Spokane XC Park, Mead, WA Sunday, February 18 9 A.M. 3K, 5K, 10K 5K loop Classic Distance Event w/waxing restrictions http://www.spokanenordic.org

Forecast/Conditions: Overnight low of 26 rising to 31 by race completion. A 50 percent chance of snow falling after grooming rising to 65 percent during event. New snow will fall on a firm track, not much accumulation expected. Waiting to apply the final GripWax or Klister at the venue is a good call.

Glidewax: Apply Base Performance Red Hot Wax/BP Yellow Hot Wax mixed 1:1, scrape and brush.

Gripwax: Apply Nordic Base Klister Green, heat, smooth and let cool. At venue, expect to apply Nordic Klister Red. Be prepared to cover it with Nordic GripWax Red, lightly corked, if the snow becomes more substantial than expected.

Structure: A universal structure covered with one pass with the Red Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions. Switch to Yellow Structurite for later starters or warm falling snow.

Created by David Ford, Toko Tech Team member since 2003. fordstruc@gmail.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.

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