

## City of Lakes Loppet Skate Races - Updated!

Wirth Park, Minneapolis, MN Sunday, February 4 8:40 A.M. first race (4 waves), 11:15 A.M. second race (mass) 10K and 11K. Skate Each race is 2 laps, starting and ending at Wirth trailhead Event info here

Forecast/Conditions: Overnight low and temperature at first start of 32 rising 40 for second race start. Expect a soft platform of manmade snow that will quickly deteriorate with heavy skier traffic. Course will quickly become sugar snow on uphills and corners.

Glidewax: Apply High Performance Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush. Spray on HP LP Yellow, let sit for at least two hours then brush with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red Hot Wax/BP Yellow Hot Wax mixed 1:1, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

**Structure:** A wet or universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying LP 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 <u>How To</u> link at <u>TokoUS.com</u>.