

Washington Biathlon Association Race 7

Stevens Pass Nordic Center, Stevens Pass, WA Sunday, March 17 10:30 A.M. Zeroing, 11:30 A.M. Race Super Sprint Format 5K Men, 4K Women http://www.washingtonbiathlon.org

Forecast/Conditions: Overnight low of 35 rising to 54 during event under sunny skies. Conditions should be soft and wet making ski selection and base structure quite important.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush, then spray on High Performance Liquid Paraffin Yellow, let stand at least 2 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: N/A

Structure: A wet structure or covering a universal structure with one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions.

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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