

# WAX RECOMMENDATION **TOKO**<sup>®</sup>

## **Bjornloppet - Classic**

Bear Valley Cross-Country, Bear Valley, CA

Sunday, March 10

10 A.M.

10/5K, Classic only

Mass start

Loop per distance

<https://www.bvadventures.com>

**Forecast/Conditions:** Overnight low 26, temperature at race start 32, with a high of 36. Mostly transformed snow. Mostly cloudy and windy.

**Glidewax:** Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Red, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, apply BP Blue Hot Wax, scrape and brush, then apply HP Red/Yellow Hot Wax 1:1, scrape and brush.

**Gripwax:** Roughen kick zone with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. When tacky, apply Nordic Klister Red in a chevron pattern, smooth and let cool before skiing.

**Structure:** A universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003.

Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

**Racing - Service**