

!UPDATED! Wasatch Citizen Series Race #5

White Pine Farm in Park City, Utah Saturday March 9, 2024 10:00 A.M. for kids, approx. 10:20 for adults 20K Freestyle technique, shorter for kids and novice Wave starts Multiple laps: 1, 2 or 3 laps on a 7km loop More info: <u>https://utahnordic.org/wcs/</u>

Forecast/Conditions: Overnight low 15F, temperature at start in the upper 20's with full sun and warming quickly during the race. The snow will be partially transformed and clean.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Red, let stand at least 2-4 hours, then polish with the yellow Polishing Brush for Liquid Paraffin. If you do not have LP, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush. Gripwax: NA

Structure: A universal stone grind structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

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Created by Barry Makarewicz, Toko Tech Team member since 2000

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>.