

# WAX RECOMMENDATION



## PAR FOR THE COURSE PART ONE

Mt. Bachelor Nordic Center, Bend, OR – Saturday, Dec 7

10 A.M. start, 5K, Skate

Interval Start, one lap

<https://mbsef.org/mt-bachelor-cup-nordic-races/>

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**Forecast/Conditions:** Friday night low around 33. Saturday a snow and rain mix with a high of 36.

**Glidewax:** Apply HP Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush, spray on HP Liquid Paraffin Red, let stand 2-4 hours, 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 Hot Wax/ HP Yellow Hot Wax mixed 1:1, scrape and brush.

**Gripwax:** N/A

**Structure:** A universal/wet structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

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*Created by Colin Mahood, Toko Tech Team member since 2000*

***Racing-Service***

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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.