WAX RECOMMENDATION



WASHINGTON BIATHLON ASSN RACE WEEKEND 1

Stevens Pass Nordic Center, Stevens Pass, WA - Sunday, Jan 26 10:30 A.M. Zero, 11:45 A.M. Race, 5k Men/4k Women Supersprint format <u>http://www.washingtonbiathlon.org</u>

Forecast/Conditions: Conditions should remain firm and fast with an overnight low of 18 rising to 34 by race completion. Sunny skies should prevail for some awesome skiing speeds on day 2 of competition.

<u>Glidewax:</u> Apply HP Blue/Red 50/50 Hot Wax, scrape and brush, spray on HP Liquid Paraffin Blue, 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 Blue Hot Wax/HP Red Hot Wax mixed 1:1, scrape and brush.

Gripwax: N/A

Structure: A fine/cold structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

Created by David Ford, Toko Tech Team member since 2003

Racing-Service

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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 TokoUS.com.