

WAX RECOMMENDATION



WASHINGTON NORDIC CUP #3

Meadow Loop Parking Lot, Plain, WA – Sunday, Jan 26

Noon, Skiercross, Classic technique

5K, 2K, 1K and lollipop, Wave starts

<http://www.wncup.org>

Forecast/Conditions: The cold nights and dry conditions over the past 10 days with daily grooming of the course should make for firm and fast conditions. Early Sunday morning low of 15 rising to 34 air temperature by race completion under sunny skies. Snow temperature should remain under 30 to the end of races.

Glidewax: Apply BP Blue Hot Wax/BP Red Hot Wax mixed 1:1, scrape and brush, spray on BP Liquid Paraffin Red, let stand at least 2-4 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, BP Blue Hot Wax/BP Red Hot Wax mixed 1:1, scrape and brush and you are ready to go. (Per website guidelines racers are asked to use basic inexpensive waxes such as these)

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax Red, corking smooth between layers.

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 [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.