

WAX RECOMMENDATION



SLIDE AND GLIDE

Mt. Hood Meadows, Mt. Hood, OR – Saturday, Feb 1

9 A.M. High School 5k Skate, 10 A.M. Community 10k Skate

10:05 A.M. Community 5k Skate, 10:10 A.M. Community 2.5k Skate

<https://www.skihood.com/explore/Nordic-Slide-and-Glide-Series>

Forecast/Conditions: Overnight low 24, temperature at start 26, new fallen snow with a 100 percent chance of snow on race day. Track will likely be a soft surface with newly fallen snow on top of the groom.

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 Polishing Brush 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.

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

Created by Samuel Cordell, Toko Tech Team member since 2014

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.