

WAX RECOMMENDATION



BESH CUP #6

Government Peak Rec Area, Palmer, AK - Sunday, Feb 2

11 A.M., 5k, Classic technique

Individual start, 1 lap, Course TBD

<https://www.crosscountryalaska.org/besh-5-6-details>

Forecast/Conditions: Overnight low 10F, temperature at start 20, several inches of new snow mixed with ice. Humidity rising. Trails are in good shape but pretty thin after recent melt/rain event. Sunny with slight 5 mph wind

Glidewax: Apply HP Blue Hot Wax, scrape and brush, then 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.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-4 layers of Nordic GripWax Red, corking smooth between layers.

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 Ira Edwards, Toko Tech Team member since 1995

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.