

WAX RECOMMENDATION



NH COACHES SERIES RACE 1 SKATE

White Mountain Regional High School, Whitefield, NH - Saturday, Jan 25

10:30 A.M., 5k, Skate

Wave start, 60 seconds – one 5k lap

<http://www.nhnordiccoaches.org/registration-fees-schedule>

Forecast/Conditions: Overnight low 1 F, temperature at start 10, with a high of 19. Mix of new and manmade snow, snowmobile groomed, mostly sunny.

Glidewax: Apply HP Blue 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, scrape and brush.

Gripwax: N/A

Structure: A 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 Stuart Kremzner, Toko Tech Team member since 2005

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.