

# WAX RECOMMENDATION



## Mt Spokane Langlauf Ski Race

Spokane, WA

Sunday February 10

10K Classic Race

Race Start 11AM

Forecast/Conditions: Saturday - Daytime hi of 33, snow in late afternoon, 70% chance. Saturday Night - Lo of 28, winds of up to 20mph, chance of snow 40%. Sunday - cloudy with chance of snow/rain of 50%. Hi of 36.

Glidewax: Apply LF Moly scrape and brush, then apply HF Red/HF Yellow, mixed 1:1, scrape and brush. Finish by rotocorking JetStream Moly, brushing with a dedicated nylon polishing brush, and finally, polish with a thermopad. HelX Warm would make an excellent alternative to JetStream.

Gripwax: Roughen kick zone with 180 grit sandpaper, and iron in TOKO base Green Klister Binder. See Fitness Fanatics at the start for current wax recommendation, or ([www.fitfanatics.com](http://www.fitfanatics.com))

PH: 509.922.6080

Structure: A universal structure will best suit these conditions.

Racing - Service

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Check the Waxtip page at [www.TokoUS.com](http://www.TokoUS.com) before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes available, skip the Fluorocarbon (HelX, JetStream) and substitute the LF or System 3 wax of the same color (Yellow, Red, Blue). Additionally, for those who do not have a rotocork (for applying JetStream), this step can be replaced by vigorously corking with a dedicated Plasto Cork at the expense of durability.