

WAX RECOMMENDATION



Minnesota Biathlon Cup #7

Mt. Itasca Winter Sports Center, Coleraine, MN

Sunday, March 3

11 A.M. Zero, Noon Race

5K-11K, 5 laps, 4 shooting stages

Event info [here](#)

Forecast/Conditions: Overnight low in the low 30s with a daytime high in the upper 40s. Start time temperature will be in the low 40s under cloudy skies with rain likely. The track will be a wet machined base of manmade snow with some dirt in areas.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on HP Liquid Paraffin Yellow, let stand for at least 2 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: N/A

Structure: A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax layer or before applying HP Liquid Paraffin will best suit these conditions.

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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.

Racing - Service