

# WAX RECOMMENDATION



## AMERICAN BIRKEBEINER WAVE 3 - 10

American Birkebeiner Trail, Cable, WI - Saturday, Feb 22

9:15 A.M., 50k Skate, 53k Classic

Wave start, Point-to-point

[Birkie.com](http://Birkie.com)

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**Forecast/Conditions:** Overnight low 5F, expect snow temperature about 9F at the start. Partly cloudy skies with a southwest breeze, daytime high of 29. Expect the course to be generally in good shape, with occasional dirty spots on southern portions of the course and some debris in the classic tracks. Note multiple extreme cold and windy days leading up to the race as a factor in this wax tip.

**Glidewax:** Apply Performance Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush. Sprinkle on [Jet Powder](#) Blue, make two passes with iron at 180c, let cool, scrape and brush. Polish with a merino wool roller. Then spray on [Jet Liquid](#) Blue, let the ski dry flat for at least 20 minutes. Polish lightly with a merino wool roller.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply alternating layers of GripWax Blue and Base Wax Green, corking between layers. Final layer should be Blue. For those who will be on the course for a longer time and want to ensure grip later in the afternoon, consider carrying GripWax Red and a cork for possible re-application during the race.

**Structure:** A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax or Jet Powder but before applying Jet Liquid will best suit these conditions.

*Created by Ian Harvey, Toko US Brand Manager*

***Racing-Service***

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Check the [Wax Tips](#) page at [TokoUS.com](http://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 (Blue, Red or Yellow), as the temperature ranges are the same. For a more economical option, omit Jet topcoats. All Race Wax Tips recommend ONLY fluorine-free products. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at [TokoUS.com](http://TokoUS.com).