

WAX RECOMMENDATION



PRINCE HAAKON OPEN TRACK

American Birkebeiner Trail, Hayward, WI - Wednesday, Feb 19

Open start window of 11 A.M. to 11:30 A.M.

15k, Classic or Skate, Point-to-point

Birkie.com

Forecast/Conditions: Overnight low of about -18°F, roughly zero F warming to 6F during the start window. Partly sunny skies and with a light northwest breeze. Daytime high temperature will reach about 10F. Expect the course to be generally in good shape, with a possibility of some dirty spots on southern portions of the course. 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, sprinkle on X-Cold Powder, iron in together, 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 Blue, corking smooth between layers. Cover the GripWax Blue with 1 thin layer of GripWax X-Cold to free up the ski a bit in these very cold conditions. For those wanting more grip, consider skipping the layer of GripWax X-Cold.

Structure: A fine grind with no additional structure will best suit these conditions.

Created by Ian Harvey, Toko US Brand Manager

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 (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.