

WAX RECOMMENDATION



MIDWEST DIVISIONAL CXC CUP CLASSIC

Mt. Itasca, Coleraine, MN - Sunday, Feb 16

10 A.M., 10k Men/Women, shorter distances for youth

Interval start

<https://mtitascanordic.wixsite.com/cxc-cup>

Forecast/Conditions: Overnight low of about -15F, temperature at first start time of about -9F, mostly sunny skies and blustery/breezy conditions. Daytime high will reach about zero F. Expect a machined surface comprised of a mix of manmade and natural snow on a 5k lap.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush. Then apply High Performance 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. Elite racers may want to cover the GripWax Blue with 1 thin layer of GripWax X-Cold to free up the skis a bit in these very cold conditions.

Structure: A fine 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 Frank Lundeen, Toko Tech Team member since 1999

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.