

WAX RECOMMENDATION



Iola Norseman Challenge

Iola Winter Sports Club, Iola, WI

Sunday, January 29

9:30 A.M. 10K Classic, 10:30 A.M. Kids' race

11 A.M. 6K High School race, Noon 10K Skate

Mass start

Several places of the course will see multiple lap traffic

iolawintersportsclub.org/

Forecast/Conditions: With recent snowfall, grooming and moderate temperatures, expect a medium-firm track. Friday night's low is expected to be around 20, and a temperature in the mid-20s through the day. Expect cloudy skies.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, scrape and brush. Finish by crayoning JetStream Red, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-5 layers of Nordic GripWax Red, corking between layers.

Structure: A universal grind covered by one pass with the Red Structurite tool (before JetStream application) will best suit these conditions.

Created by Ben Lund, Toko Tech Team member since 1999.

Check the [Wax Tips](http://TokoUS.com) page at 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, skip the Fluorocarbon (JetStream) and substitute the LF or NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.

Racing - Service