

# WAX RECOMMENDATION



## Iowa Winter Games

Venue Change!

Prairie Springs Ski & Snowshoe Trails, Cresco, IA

Saturday, January 28

10 A.M. 8K Classic

2 P.M. 10K Skate

[www.iowagames.org/Winter/CrossCountrySkiing](http://www.iowagames.org/Winter/CrossCountrySkiing)

**Forecast/Conditions:** Expect a medium firm track with new snow over the icy track. Friday night's low is expected around 20, with race time temperature for the Classic race in the low 20s, and mid-20s for the Skate race. It will be windy with mostly 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 several 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 Mike Lundeen, Toko Tech Team member since 2004.

Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

**Racing - Service**