

# WAX RECOMMENDATION



## Langlauf at St. John's

St. John's Arboretum, Collegeville, MN

Sunday, January 22

12:30 P.M.

25K/9K Freestyle

16K/7K Classic

<http://www.csbsju.edu/outdooru/education/events/langlauf>

**Forecast/Conditions:** Saturday night's low is expected to be around 31 with cloudy skies and freezing rain/mixed precipitation Saturday night and leading into race time. Race time temperature expected in the mid-30s.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by crayoning JetStream Yellow, 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, heat in Nordic Base Klister Green, smooth, let cool. Then heat in a smooth layer of Nordic Klister Red, smooth, let cool. If using skin skis, see our [skin treatment options](#) for best results.

**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