

WAX RECOMMENDATION



ABC Relays

Theo Wirth Park, Minneapolis, MN

Saturday, January 14

9 A.M. Boys, 10:30 A.M. Girls

4 x 3K relays - 2 Classic and 2 Skate skiers

Mass start, single 3K loop per skier

More info [here](#)

Forecast/Conditions: Friday overnight low of 2F rising to high single digits by start time. Slight wind, mostly sunny and little chance of snow. Expect a firm track consisting of a mix of natural and manmade snow. The skating track will deteriorate into sugar snow as this race progresses.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. Finish by crayoning JetStream Blue, iron hot (180C) 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. For most high school skiers in this race, two layers of LF Blue, the second mixed with X-cold, should suffice.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply alternating layers of Nordic GripWax Blue and Base Wax Green, corking between layers. Final layer should be Blue.

Structure: A fine linear structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions.

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Check the [Wax Tips](#) 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