

# WAX RECOMMENDATION



## Michigan High School Championships

VASA Trail Head, Traverse City, MI

Saturday, February 18

9 A.M. 5.4K Skate, Pursuit start

3 P.M. 1K Sprints, Skate

[NordicSkiRacer.com](http://NordicSkiRacer.com)

Forecast/Conditions: Overnight low of 32 at 7 A.M. rising to 46 at 2 P.M. Expect mostly sunny skies with little chance of precipitation.

Glidewax: Apply LF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by crayoning JetStream Yellow, iron hot (356F) 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 the afternoon sprints, apply LF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by spraying an even layer of HelX 2.0 Yellow, let dry and ski. Do not brush or polish.

Gripwax: N/A

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

Created by Nick Baic, Toko Tech Team member since 2007.

Check the [Wax Tips](http://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