

# WAX RECOMMENDATION



## Pre-Birkie

Lake Hayward to "OO" Trailhead, Hayward, WI

Saturday, February 11

9:30 A.M. 42K/26K Classic

10 A.M. 42K/26K Skate

<http://haywardlions.com/pre-birkie/>

Forecast/Conditions: Friday night's low around 21. Race start temperature expected in the upper 20s with partly sunny skies. The temperature will rise into the low to mid-30s in the early afternoon.

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. Skiers out on the trail in the early afternoon will likely want to bring Nordic GripWax Yellow with them.

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).

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