

WAX RECOMMENDATION



MSHSL Section 1

Hyland Park Reserve, Bloomington, MN

Tuesday, February 7

10:30 A.M. Boys, 11:30 A.M. Girls, Classic

2 P.M. Boys, 3 P.M. Girls, Skate

5K Classic Interval start, 5K Skate Pursuit start

Forecast/Conditions: A wintery mix of rain/snow Monday evening turning to snow after midnight with a 60 percent chance of snow starting several hours before the race start. Some accumulation. The snow will fall in at temperatures in the low 30s, the expected range from midday Monday through midday Tuesday. During the PM races the temperature should fall to the mid-20s and winds will pick up. Expect a soft track with new snow on top.

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 additional layers of Nordic GripWax Red, corking between layers. Later skiers, or those desiring more kick, should add Nordic GripWax Yellow as the last couple of layers.

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

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