

# WAX RECOMMENDATION



## MSHSL Section 2 - Updated!

Theo Wirth Park, Minneapolis, MN

Thursday, February 9

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

1:30 P.M. Boys, 2:30 P.M. Girls, Skate

5K Classic Interval start, 5K Skate Pursuit start

Forecast/Conditions: Overnight low of 1F, rising to mid-single digits for Classic races and high teens for Skate races. Sunny.

Westerly winds of 5-7 mph. Expect solid classic tracks of manmade snow. Steeper hills will start to deteriorate during the classic race. Skating deck will start firm and deteriorate throughout the day.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue (HF Blue/HF Red mixed 1/1 for PM race), scrape and brush. Finish by crayoning JetStream Blue (Red for PM race), 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 two layers of GripWax Yellow followed by two layers of GripWax Blue.

Structure: A universal structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions for the Classic race. For Skate, one pass of the Red tool followed by one pass of the Blue tool.

Racing - Service

Created by Gerald Slater, Toko Tech Team member since 2007. Jerry@TokoUS.com

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