

WAX RECOMMENDATION



MSHSL Section 5

Theo Wirth Park, Minneapolis, MN

Wednesday, February 8

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: Tuesday overnight lows in the mid-single digits. Morning start 6F, 12 for the afternoon races. Steady wind of 7-10 mph from the NW. Mostly sunny. The precipitation from Tuesday will be mixed into the manmade snow and help the course set up. Expect a firm track that will start to deteriorate for the Girls' Skate race.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, 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 a thin layer of Nordic Klister Red, put ski outside to cool. When cold, cork the klister to a smooth finish. Let cool again. Then apply two layers of Nordic GripWax Blue (Red for those desiring more kick) and lightly cork to spread the Gripwax over the klister. Avoid mixing the Gripwax with the klister.

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. One pass of the Red tool followed by one pass of the Blue tool for the Skate race

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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