

# WAX RECOMMENDATION



## ABC Relays

Vasaloppet Center, Mora, MN

Saturday January 13

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

4 x 3K Relay - 2 Classic and 2 Skate skiers

Mass start, single 3.5K loop per skier

Forecast/Conditions: Measurable snow is likely on Thursday, combined with stiff winds. Friday overnight low of -14F rising to -8F by 10 A.M. Expect race delays. Mostly sunny on Saturday with a slight wind. The race course is mainly on manmade snow, so expect a firm base with new natural snow mixed in.

Glidewax: Apply NF Blue, scrape and brush, then apply NF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. See <https://tokous.com/video-applying-hf-bluecold-powder-mix-for-cross-country-racing/> for a demonstration of how to apply X-cold powder. After skier warms up brush residue off ski base with horsehair brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply additional layers of Nordic GripWax X-Cold, corking between layers.

Structure: A fine structure covered by one pass with the Blue Structurite tool (after the application of the NF Blue/X-cold powder layer) will best suit these conditions.

Created by Gerald Slater, Toko Tech Team member since 2006. Jerry@TokoUS.com

Check the [Wax Tips](#) page at [Tokous.com](https://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 or HelX) 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](https://Tokous.com).

Racing - Service