

WAX RECOMMENDATION



Wisconsin HS Nordic Ski League Championship Cl

Birkie Trailhead, Cable, WI

Saturday, February 10

9 A.M. Girls, 10:30 A.M. Boys HS 5K Skate, Interval start

1 P.M. Girls, 1:30 P.M. Boys MS 2.5K Skate, Interval start

HS 2 laps and MS 1 lap

<http://www.winordicski.org>

Forecast/Conditions: Friday night mostly clear, with a low around -12F. West wind around 5 mph. Saturday mostly sunny, with race temperatures ranging -4F to 10F. Expect old snow with limited transformation, machine worked and packed.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. Use of pure fluorocarbons is restricted at this event by WI HS League Rules.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Blue, corking between layers. Finish by applying 1 layer of Nordic GripWax X-Cold, cork smooth.

Structure: A fine grind with no additional structure will best suit these conditions.

Racing - Service

Created by name Michael Young, Toko Tech Team member since 2005. mikey@TokoUS.com

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 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](#).