

WAX RECOMMENDATION



Minnesota High School Championship

Giants Ridge, Biwabik, MN

Thursday, February 15

10 A.M. Boys, 11:15 A.M. Girls, Skate, Interval start

2 P.M. Boys, 3 P.M. Girls, Classic, Pursuit start

All races are 5K

Forecast/Conditions: Wednesday will see a thaw and refreeze with an overnight low of 12, rising to 14-17 throughout the races. Mostly cloudy with a slight wind from the north and a 40 percent chance of snow from midnight through the A.M. races. Expect the courses to be heavily worked by the groomers, firm and in excellent condition.

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.

Structure: A universal structure covered by one pass with the Red Structurite tool followed by one pass with the Blue Structurite tool after 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 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.

Racing - Service