

# WAX RECOMMENDATION



## Minnesota State HS League Section 2

Theo Wirth Park, Minneapolis, MN

Thursday, February 8

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

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

5K Classic, Interval start and 5K Skate, Pursuit start

Forecast/Conditions: Overnight low of 1F, rising to 8F for the A.M. races and 15 for the P.M. races. Mostly cloudy and calm. The skating deck will be packed -- firm but not solid -- and the classic tracks will be firm. Snow will be transformed.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue/HF Red mixed 1/1, scrape and brush. Finish by crayoning JetStream Red and JetStream Blue mixed 1/1, 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 cushion layer of Nordic GripWax Yellow, followed by additional layers of GripWax Blue, corking between layers.

Structure: A universal structure covered by one pass with the Red Structurite tool for Classic, one pass of the Red tool followed by one pass with the Blue tool for Skate, will best suit these conditions.

Racing - Service

Created by Gerald Slater, Toko Tech Team member since 2006. Jerry@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](#).