

WAX RECOMMENDATION



Minnesota State HS League Section 3

Wirth Park, Minneapolis, MN

Tuesday, February 6

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

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

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

Forecast/Conditions: Overnight low of -7F, rising to zero F for the A.M. races and 10F for the P.M. races. Expect delays. Mostly sunny with a slight wind. Saturday's snow will have been groomed a couple of times, presenting a firm racing surface of both aggressive and partially transformed snow. Leaves and other tree debris will be present. Expanded HS wax rules apply.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. Finish by crayoning JetStream Blue, 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 Red, followed by additional layers of GripWax Blue, corking between layers.

Structure: A universal structure covered by one pass with the Blue Structurite tool (before JetStream application) 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](#) 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