

WAX RECOMMENDATION



Minnesota State HS League Section 4

Battle Creek Regional Park, St. Paul, MN

Thursday, February 8

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

2 P.M Boys, 3 P.M Girls, 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. Expect a firm skating platform and firm classic tracks. The snow will be transformed, with dirt and debris from trees in spots.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue/HF Red mixed 1/1, scrape and brush. Finish by crayoning on 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 additional layers of Nordic GripWax Blue, corking between layers. The later starters may wish to cover the Blue with a final layer of Gripwax Red.

Structure: A universal structure covered by one pass with the Blue Structurite tool will best suit these conditions.

Racing - Service

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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](#).