

WAX RECOMMENDATION



Minnesota State HS League Section 5

Theo Wirth Park, Minneapolis, MN

Wednesday, February 7

10 A.M. Girls, 11 A.M. 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 2F, rising to 10F for the A.M. races and 17F for the P.M. races. Sixty percent chance of snow in the wee hours of Wednesday. Partly sunny and calm winds. Expect some new snow on top of a solid racing platform.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue, 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 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](#).