

WAX RECOMMENDATION



Minnesota State HS League Section 8

Maplelag Resort, Callaway, MN

Tuesday, February 6

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

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

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

Forecast/Conditions: Overnight low of -14F, rising to -2F for the A.M. races and 6F for the P.M. races. Expect delays. Three inches of new snow on Saturday will be mixed with the existing transformed snow. Expect a firm racing platform and firm classic tracks, both consisting of a mixture of sharp, dry new snow and heavily transformed snow. Partly sunny with a slight wind from the SW. 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 alternating layers of Nordic GripWax Blue and Base Wax Green, corking between layers. Final layer should be Blue.

Structure: A universal or fine structure covered by one pass with the Blue Structurite tool 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