

WAX RECOMMENDATION



American Birkebeiner - Friday Grip Update!

American Birkebeiner Trail, Cable to Hayward, WI

Saturday, February 24

8:30 A.M.

55K Classic, 50K Skate, Wave start, Point to point

<http://www.birkie.com/>

Forecast/Conditions: Friday night low in the low teens. Start temperature in the mid-teens to mid-20s, depending on wave, chance of snow showers, light wind. Hardening the base will be important even with 2 inches of new snow Thursday to keep the ski fast in the combination of dirt and new snow on top of ice.

Glidewax: See separate tip with American Birkebeiner Glidewax details at TokoUS.com or click [here](#).

Gripwax: For Elite Wave through Wave 4, roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. For Elite Wave and Wave 1, then apply 2 layers of Nordic GripWax Red followed by 3 layers of GripWax Blue, corking between each layer. For Wave 2-4, after Base Green apply 4 layers of GripWax Red followed by 1 layer of GripWax Blue, corking between layers. Waves 5-6, roughen base with 150 grit sandpaper, iron in a thick layer of Base Wax Green, cork smooth, let cool. Cover this with 3 more thick layers of Base Wax Green, corking between layers. The green color should be clearly visible throughout the base. Although skin skis will not be fast, they could be a good solution to achieve adequate grip throughout the event and its changing conditions. If using skin skis, see our [skin treatment options](#) for best results.

Structure: See separate tip with American Birkebeiner Glidewax details at TokoUS.com or click [here](#).

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