

WAX RECOMMENDATION



Great Lakes Super Bowl JNQ #6

Al Quaal Recreation Area, Ishpeming, MI

Sunday, February 4

10 A.M. U20/U18 Boys 10K

11 A.M. U20/U18/U16 Girls, U16 Boys 5K

Noon U14 Girls and Boys 3K

Classic, Interval start

Forecast/Conditions: A 30 percent chance of snow showers. Mostly cloudy, with a low around -4F. Sunday mostly sunny and cold, with race time temperatures 2F to 6F. Expect fresh powder mixed packed and mixed with some recently fallen but not new snow.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. Pure fluorocarbons are not permitted in Classic technique events at Great Lakes JNQs for the 2017-18 season.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax X-Cold, corking between layers.

Structure: A fine linear grind with no additional structure will best suit these conditions.

Created by Michael Young, Toko Tech Team member since 2005. mikey@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