

# WAX RECOMMENDATION

# TOKO<sup>®</sup>

## Michigan Cup Relays

Cross Country Ski Headquarters, Roscommon, MI

Sunday, March 11

11 A.M

3 X 4K, Classic-Skate-Skate

<http://nordicskiracer.com/MICupRelays>

**Forecast/Conditions:** Expect an overnight low of 13 with temperature at start of 29 with mostly sunny skies. Conditions should be packed powder over a hard base of manmade snow.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Blue/HF Red mixed 1/1, scrape and brush. Finish by crayoning JetStream Red, 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 4 layers of Nordic GripWax Red, corking between layers. For a little more speed, add a thin layer of GripWax Blue.

**Structure:** A universal grind covered by one pass with the Red Structurite tool before JetStream application will best suit these conditions.

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Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

# Racing - Service