

# WAX RECOMMENDATION



## Mesabi East Invitational

Giants Ridge Golf and Ski Resort, Biwabik, MN

Saturday, January 5

11 A.M. 5K Classic, 1 P.M. 5K Skate

Interval start (Paired 15-second)

Start lists and results:

<http://www.superiortiming.com>

**Forecast/Conditions:** Friday night mostly cloudy with a low around 26. Saturday partly sunny, with light-moderate winds and race time temperatures steady 31-34. Expect machine worked and packed natural snow.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Red/HF Yellow mixed 1:2, scrape and brush. Finish coats are not allowed per the event organizers.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Yellow, corking between layers.

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

**Racing - Service**

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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](#).