

# WAX RECOMMENDATION



## ABC Invitational Relays

Theo Wirth Park, Minneapolis, MN

Saturday, January 12

10 A.M. Boys, 11:30 A.M. Girls

4 x 3K relays - 2 Classic and 2 Freestyle skiers

Mass Start - single 3.5K loop per skier

<http://www.skinnyski.com/racing/outlook.asp>

**Forecast/Conditions:** Overnight low of 23 rising to 28-30 for the starts. Manmade snow will be machine worked, packed and firm. Mostly cloudy and calm.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Red, scrape and brush. No topcoats allowed in this race.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply a layer of Nordic Klister Red in the klister zone only. Let cool and cover with a layer of Nordic GripWax Yellow, corking lightly to spread the Yellow over the klister, as opposed to mixing the Yellow and klister. For those who eschew using klister, try the Base Green "Trick" - see <https://tokous.com/video-base-green-trick-cross-country/>

**Structure:** A universal structure covered by one pass with the Red Structurite tool followed by one pass with the Blue Structurite tool after brushing out the glide wax 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