

WAX RECOMMENDATION



Wisconsin HS Nordic Championship Skate

Birkie Trailhead, Cable, WI

Saturday, February 9

10 A.M. Boys, 11:30 A.M. Girls HS 5K Skate, Interval start

1 P.M. Boys, 1:30 P.M. Girls MS 2.5K Skate, Interval start

HS 2 laps and MS 1 lap

<http://www.winordicski.org>

Forecast/Conditions: Friday night mostly clear, with a low around -19F. West wind 5 to 10 mph. Saturday partly sunny, with race temperatures -4F to +9F. Expect new snow falling Thursday to be cold, dry and abrasive.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. Finish by crayoning JetStream Blue, 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: N/A

Structure: A fine linear grind with no additional structure will best suit these conditions. Later races might consider one pass with the Blue structurite tool.

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.