

WAX RECOMMENDATION

American Birkebeiner - Wednesday update!

American Birkebeiner Trail, Cable to Hayward, WI

Saturday, February 23

8:30 A.M. to 10 A.M. Wave starts

50K Skate, 55K Classic, Point-to-Point

<https://www.birkie.com/>

Forecast/Conditions: Overnight low of 26 with a few inches of snow falling Friday night and again on Saturday. Snow temperature should be around 27 at 10 A.M. and maybe 30 at noon. Snow should be mostly clean and the course will be in great shape.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red (all waves), scrape and brush. Finish by crayoning JetStream Red (Wave 5 Skate or earlier) or JetStream Yellow (Wave 5 Classic and later), 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. For absolute best skis, spray HelX 2.0 Red lightly on top of finished ski and leave (no brush or polish).

Gripwax: Sand base with 180 grit sandpaper, iron in Nordic Base Wax Green, cork smooth and let cool. Then apply 3 full length layers of GripWax Yellow covered with 1 light layer of GripWax Red on the full kick zone and then 2-3 layers of Yellow covered with 1 light layer of Red in the middle 2/3 of the kick zone (up to Wave 4) OR Yellow full length 3 layers and then Yellow in the middle 2/3rds 3 layers (Wave 5 and later). Cork between all of the layers.

Structure: Apply 2 passes of the Red Structurite tool after ironing the JetStream but before brushing and polishing it. Then brush out and polish the JetStream.

Racing - Service

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.