

WAX RECOMMENDATION



Big Island and Back

Excelsior Beach, Excelsior, MN

Saturday, February 9

2 P.M., 10K Classic and Skate

<http://www.bigislandandback.com>

Forecast/Conditions: Overnight low of -17F rising to +8 for the start. Partly sunny with 5-10 mph winds from the east. The race course is on a lake, expected to receive several inches of snow on Thursday followed by high winds. The course will be groomed and should be firm but slow.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply additional layers of Nordic GripWax Blue, corking between layers. Cover with a thin layer of GripWax X-Cold for speed.

Structure: A fine structure with no hand structure added will best suit these conditions. Skis with a universal structure should be covered by 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.