

WAX RECOMMENDATION



Hayward Lions Pre-Birkie

O-O Trail Head, Seeley, WI

Saturday, February 9

9:45 A.M. 46K Classic, 9:50 A.M. 24K Classic

10A.M. - 10:15 A.M., 46K/24K Skate starts

Wave starts by distance and gender

<http://haywardlions.com/pre-birkie/>

Forecast/Conditions: Friday night mostly clear, with a low around -19F, with a slight west wind. Expect Saturday to be partly sunny with race temperatures -4F to 5F. New snow falling Thursday will 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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-5 layers of Nordic GripWax Blue depending on race distance, corking between layers. Cover with a thin layer of GripWax X-Cold for speed.

Structure: A fine linear grind with no additional structure will best suit these conditions.

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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.

Racing - Service