

WAX RECOMMENDATION



MSHSL Section 2

Theo Wirth Park, Minneapolis, MN

Thursday, February 7

10 A.M. Boys, 11 A.M. Girls, 5K Classic, Interval start

1:30 P.M. Boys, 2:30 P.M. Girls, 5K Skate, Pursuit start

Forecast/Conditions: Overnight low of 20 dropping into the high teens for the races. An 80 percent chance of snow overnight and through the A.M., dropping to 60 percent for the P.M. races. Expect a mixture of manmade and natural snow on a firm base and solid tracks. Cloudy with 10-15 mph winds from the northwest.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, scrape and brush. Finish by crayoning JetStream Red, hand cork or rotor cork (wax limitations forbid the use of heat to apply overlays). 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 one to two layers of Nordic GripWax Yellow followed by additional layers of Nordic GripWax Red, corking between layers.

Structure: A universal structure covered by one pass with the Red Structurite tool (before JetStream application) will best suit these conditions.

Racing - Service

Created by Gerald Slater, Toko Tech Team member since 2006. jerry@TokoUS.com

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.