

# WAX RECOMMENDATION



## MSHSL Section 3

Theodore Wirth Park, Minneapolis, MN

Tuesday, February 5

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

2 P.M. boys, 3 P.M. Girls, 5K Skate, Pursuit start

Forecast/Conditions: Overnight low of zero F, rising to 4F for the Classic races and 12 for the Skate. Snow will be a mix of manmade and natural snow over a deep base of manmade. Racing platform should remain firm throughout the day. Slight wind from the north. Mostly cloudy. Slight chance of snow for the P.M. races.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue, scrape and brush. Finish by crayoning JetStream Blue, 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 additional layers of Nordic GripWax Blue, corking between layers.

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

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Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

Racing - Service