

WAX RECOMMENDATION



MSHSL Section 5

Theo Wirth Park, Minneapolis, MN

Wednesday, February 6

Pursuit race: 5K Skate and 5K Classic

10 A.M. Girls, 11 A.M. Boys, Skate

2 P.M. Girls, 2:30 P.M. Boys, Classic

Forecast/Conditions: Overnight low of 11, rising to 18 for the Skate races and 24 for the Classic. A 50 percent chance of new snow Tuesday evening. Mostly cloudy with winds from north at 5 mph. Expect a firm racing platform, but dirty.

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 a layer 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 followed by one pass with the Blue Structurite tool (both before JetStream application) will best suit these conditions.

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.