

WAX RECOMMENDATION



MSHSL Section 7

Giants Ridge, Biwabik, MN

Thursday, February 7

11 A.M. Boys, 11:30 A.M. Girls, 5K Skate, Interval start

2:30 P.M. Boys, 3:30 P.M. Girls, 5K Classic, Pursuit start

Forecast/Conditions: Overnight low of 5F rising to 8F-10F for the races. A 70 percent chance of snow in the 12 hours before the A.M. races, dropping to 50 percent for the P.M. races. Expect a mix of new and transformed snow, a firm racing platform and solid tracks. Cloudy with 7-10 mph winds from the north.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, scrape and brush. Brush skis again after the athlete warms up on the skis, using a horsehair 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. The final layer should be GripWax X-cold.

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 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