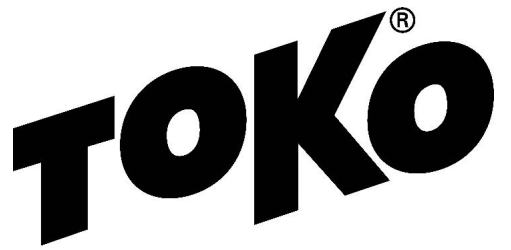


WAX RECOMMENDATION



Pre-Nationals CXC Jr/Youth Cup

Michigan Tech Nordic Ski Trails, Houghton, MI

Sunday, December 22

9 A.M. Men 10K, 10 A.M. Women 10K, 11:30/11:50 A.M. U16 5K

10K/5K Classic, Mass start

5K laps

michigantechrecreation.com/trails/Ski_Races/index_cxc%20

Forecast/Conditions: Saturday night mostly cloudy with a low around 26. Sunday mostly sunny with race time temperatures 29-34. Expect machine worked and packed powder with firm tracks. Very light glazing possible with dry air and four tracks.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Black Hot Wax, scrape and brush, then spray on HP Liquid Red, let sit for 30 minutes, polish with the Polishing Brush Liquid Paraffin.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax Yellow, corking between layers. Cover with 1-2 layers of Nordic GripWax Red, corking between layers.

Structure: A fine structure covered by one pass with the Red Structurite tool after scraping and brushing HP Hot Wax or before spraying HP Liquid will best suit these conditions.

Created by Michael Young, Toko Tech Team member since 2005. mikey@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 High Performance (Liquid Paraffin or Hot Wax) and substitute the Performance or Base Performance 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