

WAX RECOMMENDATION



Mesabi East Invitational

Giants Ridge Golf and Ski Resort, Biwabik, MN

Saturday, January 4

11 A.M. 5K Classic, 12:45 P.M. 5K Skate

Interval start (Paired 15-second)

Start lists and results:

<http://www.superiortiming.com>

Forecast/Conditions: Friday night mostly cloudy with a low around 4F. Calm wind. Saturday partly sunny, with race temperature 12-17 for Classic and 17-22 for Skate race. Expect packed and machine worked powder.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Blue, let sit in a warm room for at least one hour (overnight is best), polish with the Polishing Brush Liquid Paraffin. For Skate race substitute High Performance Red Hot Wax or HP Liquid Red.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP 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 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