

# WAX RECOMMENDATION

## Twin Cities Orthopedics Ski Rennet

Hyland Park Reserve, Bloomington, MN

Saturday, January 11

8:30 A.M. 26K Skate and Classic

11 A.M. 13K Skate and Classic

<https://www.threeriversparks.org/skirennet>

**Forecast/Conditions:** Overnight low of 2F, staying at 2 for the 8:30 A.M. start and rising to 9F for the 11 A.M. start. The course will use the manmade loop and also venture onto the natural snow trails. Expect the manmade to be a solid racing platform, while the natural snow will be a little thin, dirty in spots with leaves present in the tracks. Mostly sunny with a slight wind.

**Glidewax:** Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax, sprinkle on X-cold Powder, iron in together, scrape and brush.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply a thin layer of Nordic Klister Blue, heat, smooth and place outside to cool. After the klister has cooled, cork by firmly gripping and rubbing the edge of the cork in a rapid motion with little downward pressure back-and-forth over the entire length of the cold klister until the klister appears glassy smooth. Then apply Nordic GripWax Blue (while klister is cold) and lightly cork to spread and even out the Gripwax. The Gripwax and Klister should not mix (you should not see the klister when finished).

**Structure:** A cold grind covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax 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 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](http://TokoUS.com).

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