

WAX RECOMMENDATION



Iowa Winter Games

Prairie Springs, Cresco, IA

Saturday, January 25

10 A.M. 8K Classic

2 P.M. 10K Freestyle

www.iowagames.org/event/winter-iowa-games/cross-country-skiing/

Forecast/Conditions: Overnight low in the upper 20s rising to the low 30s during the races with mostly cloudy skies.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Yellow Hot Wax, scrape and brush. For High Performance Liquid Paraffin, apply Performance Black Hot Wax, scrape and brush, then spray on HP Liquid Yellow, let stand for at least one hour in a warm room (overnight is best), then 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 several layers of Nordic GripWax Yellow, corking between layers. If using skin skis, see our [skins treatment options](#) for best results.

Structure: A universal grind covered by one pass with the Red Structurite tool after scraping and brushing Hot Wax or before spraying Liquid Paraffin 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