

# WAX RECOMMENDATION



## Langlauf at St. John's

St. John's Abbey Arboretum, Collegeville, MN

Sunday, January 26

12:30 P.M.

24K/8K Freestyle and 15K/9K Classic

<https://www.csbsju.edu/outdooru/events/langlauf>

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

**Glidewax:** Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Red Hot Wax/HP Yellow Hot Wax mixed 1:1, 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. Earlier starters may want to do 1 final layer Nordic GripWax Red over the Yellow.

**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](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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