

WAX RECOMMENDATION

TOKO[®]

Pioneer Midwest 5K High School Rennet

Hyland Park Reserve, Bloomington, MN

Friday, January 17

6 P.M.

Boys and Girls Classic and Freestyle races

Wave starts - single loop on 5K manmade course

www.threeriversparks.org/HSRennet

Forecast/Conditions: Daytime high of 26 reached at the start. A 90 percent chance of snow starting at 6 A.M. and running through the races. Accumulation of 3-7 inches. Wind is expected to be 10-15 mph, gusting to 30 mph starting at 1 P.M. and also running through the races. The new snow will be on top of a solid racing surface, and the wind will put some leaves in the classic tracks.

Glidewax: This race prohibits the use of LF and HF glide waxes as well as topcoats. Apply Base Performance Red Hot Wax, scrape and brush. For Base Performance Liquid Paraffin, apply Base Performance Blue Hot Wax, scrape and brush, then spray on BP Liquid Red, let sit in a warm room for at least one hour (overnight is best), 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 additional layers of Nordic GripWax Red, corking between layers.

Structure: A universal grind covered by one pass with the Red Structurite tool after scraping and brushing BP Hot Wax or before spraying BP LP will best suit these conditions.

Created by Gerald Slater, Toko Tech Team member since 2006. jerry@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