

# WAX RECOMMENDATION

# TOKO<sup>®</sup>

## Midwest CXC Cup at Mt. Itasca - JNQ

Mt. Itasca, Coleraine, MN

Sunday, January 19

9:30 A.M., last race 1:55 P.M.

Classic, Mass starts

5K lap course, shorter races use the 1.4K course

<https://mtitascanordic.wixsite.com/cxc-cup>

**Forecast/Conditions:** Overnight low of -1F rising to 5F by the last race. Mostly cloudy with NW winds of 10 mph gusting to 15 mph before and throughout the races. Be prepared for delays. Expect solid tracks but they will be strewn with abrasive wind-blown snow.

**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 additional layers of Nordic GripWax X-Cold, corking between layers. If more kick is needed, the final layer should be Nordic GripWax Blue.

**Structure:** A fine grind without additional hand structure or a universal grind covered by one pass with the Blue Structurite tool after scraping and brushing Performance Hot Wax or before spraying Performance LP 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).

# Racing - Service