

WAX RECOMMENDATION



American Birkebeiner

American Birkebeiner Trail, Cable to Hayward, WI

Saturday, February 22

8:30 A.M.

55K Classic, 50K Skate

Wave starts, Point-to-point

<https://www.birkie.com/ski/events/birkie/>

Forecast/Conditions: Sub-zero F temperatures overnight midweek. Friday night low around 20. Early start temperature in the low 20s, rising to mid-30s in Hayward by noon. Partly cloudy skies, wind in the low teens MPH with gusts in the 20s.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, and repeat to increase durability. Then apply High Performance Red (Wave 1-6) or Yellow (Wave 7-8) Hot Wax, scrape and brush. For HP Liquid Paraffin application, apply Performance Blue Hot Wax, scrape and brush, and repeat to increase durability. Then spray on HP Liquid Red (Wave 1-6) or HP LP Yellow (Wave 7-8), let sit 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 multiple layers of Nordic GripWax Red (Wave 1-3), GripWax Yellow followed by one thin layer of GripWax Red (Wave 4-6) or GripWax Yellow (Wave 7-8), corking between layers.

Structure: A universal structure covered by one pass with the Red (Wave 1-6) or Yellow (Wave 7-8) Structurite tool after scraping and brushing HP Hot Wax or before spraying HP Liquid Paraffin will best suit these conditions.

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Racing - Service

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.