



WAX RECOMMENDATION

Minnesota High School Championship

Giants Ridge, Biwabik, MN

Friday, February 14

11:30 A.M. girls, 12:10 P.M. boys, Skate, Interval start

2:30 P.M. girls, 3:30 P.M. boys, Classic, Pursuit start

All races are 5K

Forecast/Conditions: Overnight low of -12F, rising to 5F for the Skate races and 12 for the Classic races. Sunny with 10-15 mph wind from the south with gust up to 30 mph. Expect a firm but abrasive race course.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, sprinkle on X-cold Powder, iron in together, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, sprinkle on X-cold Powder, iron in together, scrape and brush then spray on HP Liquid Blue, 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 Blue, corking between layers. Early skiers may wish to use a final layer of GripWax X-Cold, while later skiers may opt for a final layer of GripWax Red.

Structure: A fine or universal structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions. For the Classic race, use a single pass of the Red Structurite tool before a single pass with the Blue tool.

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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