

## Minnesota Finlandia

Buena Vista Ski Trails, Bemidji, MN Saturday, February 15 10 A.M. 25K Classic and 25K Pursuit 10:10 A.M. 50K Freestyle and 25K Bemidjithon http://www.minnesotafinlandia.com/

Forecast/Conditions: Friday overnight low is expected around 11 with temperature rising to the low 20s during the races. Mostly cloudy skies and a slight chance of snow.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax, scrape and brush. For High Performance Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Blue, 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 Blue, corking between layers. Those needing extra kick should apply a couple layers of GripWax Red over the Blue, corking between layers.

Structure: A fine/cold grind covered by one pass with the Blue 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 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.

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