

WAX RECOMMENDATION



Hayward Lions Pre-Birkie

Birkebeiner OO Trailhead, Seeley, WI

Saturday, February 8

9:30 A.M. Men, 9:35 A.M. Women, 42K Skate

9:40 A.M. Men/Women 42K Classic

10:00 A.M. Men, 10:05 A.M. Women, 24K Skate

All Mass starts

<http://haywardlions.com/pre-birkie/>

Forecast/Conditions: Expect Friday night low around zero F with temperature rising to the low to mid-teens during races. Partly sunny skies. Expect the race course to be in excellent condition with firm, freshly groomed newer snow.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax, scrape and brush. For HP 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 3-5 layers of Nordic GripWax Blue, corking between layers.

Structure: A cold-linear grind alone or covered by one pass with the Blue Structurite tool after scraping and brushing HP 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.

Racing - Service