

# WAX RECOMMENDATION



## Minnesota State HS League Section 4

Hyland Park Reserve, Bloomington, MN

Thursday, February 6

10 A.M. Girls, 11 A.M. Boys, Classic

1:30 P.M. Girls, 2:30 P.M. Boys, Skate

5K Classic, Interval start and 5K Skate, Pursuit start

**Forecast/Conditions:** Overnight low of 13, rising to 18-22 for the Classic races and 26 for the Skate races. Expect a solid course of transformed dirty snow over a deep base of manmade. Mostly sunny with mild winds from the south.

**Glidewax:** Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Red, 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 Red, corking between layers.

**Structure:** A universal structure covered by one pass with the Red Structurite tool followed by one pass of the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

**Racing - Service**

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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).