

# WAX RECOMMENDATION



## Minnesota State HS League Section 7

Giants Ridge, Biwabik, MN

Thursday, February 6

11 A.M. Girls, 11:30 A.M. Boys, Skate

2:30 P.M. Girls, 3:15 P.M. Boys, Classic

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

**Forecast/Conditions:** Overnight low 6F rising to 16-19 for the Skate race and 22 for the Classic race. Expect excellent conditions. Mostly cloudy. Mild wind from the south. A 20 percent chance of snow for the Classic race.

**Glidewax:** For Skate, 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 sit in a warm room for at least one hour, polish with the Polishing Brush Liquid Paraffin. For Classic, substitute High Performance Red for HP Blue and substitute HP Liquid Red for HP Liquid Blue.

**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. Later skiers may wish to substitute Nordic GripWax Yellow for Red

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

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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).

Racing - Service