

WAX RECOMMENDATION



Michigan High School Championships

Hickory Hills, Traverse City, MI

Saturday, February 29

9 A.M. / 1 P.M.

5K Classic / 5K Skate, Pursuit

Interval start / Gunderson start

1 lap each race

<http://nordicskiracer.com/event-details.asp?id=2949>

Forecast/Conditions: Overnight low of 20 with 2 inches of snow expected. Temperature at start of 22 rising to 28, with partly sunny skies. Trail will be PistenBully groomed packed powder with blown snow.

Glidewax: Apply Performance Black 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 4 layers of Nordic GripWax Red, corking between layers.

Structure: A 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.

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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