

WAX RECOMMENDATION



MI Cup Relays

Cross Country Ski Headquarters, Roscommon, MI

Sunday, 8 March

11:00 A.M.

3 x 5 relay

Mass Start Cl-FS-FS

1 Lap each leg

<http://nordicskiracer.com>

Forecast/Conditions: Overnight low of 34°F with clear skies. Temperature at start of 45°F with partly sunny skies. Trail will be machine groomed packed slushy snow.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Yellow Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Yellow, 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 Klister Green short (in klister zone), cork smooth, let cool. Apply a thin coat of Nordic Klister Yellow.

If using skin skis, see our [skins treatment options](#) for best results.

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

Created by Nickola Baic, Toko Tech Team member since 2007. Nick@TokoUS.com

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