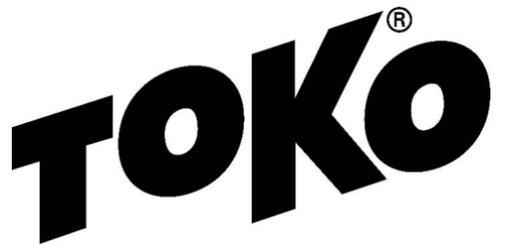


WAX RECOMMENDATION



American Birkebeiner Sunday - Updated!

Birkebeiner Trails, Cable, WI

Sunday, February 28

Starters before 10 A.M., Classic

43K Birkebeiner, 26K Kortelopet & 14K Prince Haakon

[Link to Birkie Wave Start Details](#)

Forecast/Conditions: Light snow with some accumulation expected Saturday night with a low in the mid-20s. Flurries will diminish into Sunday as the temperature slowly rises to about 30 by mid-afternoon. Expect machine-groomed tracks with fresh snow cover that will break down as the temperature rises.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Spray on Base Performance Red Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing BP Blue Hot Wax, apply BP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 1 layer of Nordic GripWax Red, corking smooth. Then apply 2 layers of GripWax Yellow, corking between layers. Finish with a final layer of GripWax Red, cork smooth. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

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

Created by MidWest Toko Tech Team: 100+ years of service combined!

Check the [Wax Tips](#) page at [TokoUS.com](#) before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at [TokoUS.com](#).

Racing - Service