

# WAX RECOMMENDATION



## Iola Norseman Challenge

Iola Winter Sports Club, Iola, WI

Sunday, January 30

9:30 A.M. to 12:15 P.M.

See link below for detailed schedule

10K Classic and 20K Skate, mass starts, multi-laps

<https://www.iolawintersportsclub.org/>

Forecast/Conditions: Saturday night low will be around 15.

Sunday temperature will steadily rise into the low 20s by the afternoon. Expect the air temperature to be in the high teens during the 10K event and around 20 for the 20K event. Snow coverage is good but thin, expect a firm course, with some debris, that will glaze and break down with traffic.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High 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 HP Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red, corking between layers. Then cover with a thin layer of Nordic GripWax Blue, corking smooth.

Structure: A fine, linear grind covered by one pass with the Red Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

Created by Ben Lund, Toko Tech Team member since 1999.

Racing - Service

Check the [Wax Tips](#) page at [TokoUS.com](http://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 you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at [TokoUS.com](http://TokoUS.com).