

# WAX RECOMMENDATION



## Three Rivers Rennet - High School

Hyland Park Reserve, Bloomington, MN

Friday, January 28

6 P.M.

5K Classic and 5K Freestyle races

Wave starts, single loop on 5K manmade course

[www.threeriversparks.org/page/high-school-rennet-race](http://www.threeriversparks.org/page/high-school-rennet-race)

**Forecast/Conditions:** Friday high of 10 dropping to 6F for the first race. Recent snow mixed in with a heavy dose of manmade snow. Calm winds. Expect a firm racing platform.

**Glidewax:** Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush. Spray on High Performance Blue Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing a layer of BP Blue Hot Wax, apply HP Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush. See [TokoUS.com videos](http://TokoUS.com/videos) for instructions on applying X-Cold Powder with Blue Hot Wax.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply additional layers of Nordic GripWax Blue, corking between layers.

**Structure:** A fine or universal structure covered by one pass with the Red Structurite followed by one pass of 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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**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).