

WAX RECOMMENDATION



Mesabi East Invitational

Giants Ridge Golf and Ski Resort, Biwabik, MN

Saturday, January 8

11 A.M. 5K Classic, 1:30 P.M. 5K Skate

Interval start (Paired 15-second)

Start lists and results:

<http://www.superiortiming.com>

Forecast/Conditions: Friday night 1-2" snow likely with a low around -7F. Saturday breezy with a 40 percent chance of snow and race temperature 15-20. Expect any newly falling snow to be over machine worked and packed base. The classic tracks and skate lane are likely to glaze with any falling snow and high volume of skier traffic.

Glidewax: Apply High Performance Blue Hot Wax, 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 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 2-3 layers of Nordic GripWax Blue, corking between layers. Those needing additional grip can apply GripWax Red as the first layer over the Base Green Wax.

Structure: A fine 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.

Created by Michael Young, Toko Tech Team member since 2005.

Racing - Service

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 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](#).