



# WAX RECOMMENDATION

## CCSA Invitational/GLD CXC Cup

Michigan Tech Nordic Training Center, Houghton, MI

Sunday, January 30

Starts at 9 A.M., 11 A.M. and 12:30 P.M.

10K/5K Classic, 1-2 laps on 5K loop

Interval start

[Event Website](#)

**Forecast/Conditions:** Saturday night cloudy with a low around 12. Sunday mostly cloudy, with air temperature steady at 16-18. Expect fresh packed and machine tilled powder and firm, glazed tracks.

**Glidewax:** Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Liquid Paraffin Blue, 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 alternating layers of Nordic GripWax Red and GripWax Blue, corking between layers. Final layer should be Blue.

**Structure:** A fine structure covered by one pass with the Red Structurite tool and a second 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 2006.

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](#).

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