

WAX RECOMMENDATION **TOKO**[®]

Big Island and Back

Excelsior Beach, Excelsior, MN

Sunday, February 6

2 P.M.

10K, Classic and Skate races

<https://freshwater.org/biab/winter/>

Forecast/Conditions: Overnight low of 7F rising to 12 at the start. Wind of 10 mph and mostly sunny. Wind-blown snow over a mix of transformed and fresh natural snow, all over ice.

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](https://tokous.com/videos) for instructions on applying X-Cold Powder with Blue Hot Wax.

Gripwax: Roughen base with 150 grit sandpaper, apply a thin layer of Nordic Klister Blue, let cool. Once cool, cork klister until smooth and cool again before covering with layers of Nordic GripWax Blue. See <https://tokous.com/video-klister-application-cross-country/> for instructions on applying klister.

Structure: A fine or universal 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 Gerald Slater, Toko Tech Team member since 2006. grslater@comcast.net

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.