

# WAX RECOMMENDATION

## Minnesota High School Championship

Giants Ridge, Biwabik, MN

Wednesday, February 16

2 P.M. Boys, 3 P.M. Girls

5K Classic

**Forecast/Conditions:** A 60 percent chance of light snow throughout Tuesday P.M., tapering into Wednesday. Tuesday and Wednesday will be windy (10-15 mph) with gusts of 20-30 mph. Temperature expected to drop throughout Wednesday reaching 12-14 for these races. Mostly cloudy. Expect a well-prepared course that may have areas of wind-blown snow. Given the heavy skier traffic this course normally receives before this race we expect the snow to ski warmer than air temperatures would indicate EXCEPT in wind-blown areas.

**Glidewax:** Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, 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, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax mixed with X-Cold Powder, iron in together, scrape and brush. The X-Cold Powder will help skis run in wind-blown areas.

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

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

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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).