

WAX RECOMMENDATION **TOKO**[®]

Minnesota High School League Section 5

Theo Wirth Park, Minneapolis, MN

Wednesday, February 9

10 A.M Classic 5K, Interval 11:15 A.M. Relay Heats

1:15 P.M. Relay Finals, 2:15 P.M. Skate 5K, Pursuit

Forecast/Conditions: Overnight low of 28 with a 20 percent chance of rain or snow. temperatures remain steady at 28-30 with a 30 percent chance of snow during the races. Steady 15 mph wind and partly sunny. PistenBully prepared manmade snow course will be solid but break down from heavy traffic. Due to depth of manmade snow, the course will ski a little cooler than the air temperatures indicate.

Glidewax: Apply High Performance Blue Hot Wax, 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, and then apply HP Red Hot Wax, scrape and brush.

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

Structure: A fine or universal structure covered by one pass with the Red 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

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.

Racing - Service