

Minnesota High School League Section 8

Maplelag Resort, Callaway, MN Wednesday, February 9 10 A.M. Relay Heats, 2:45 P.M. Relay Finals 12:45 P.M. Skate, Pursuit start

Forecast/Conditions: Overnight low of 20 with a 30 percent chance of snow, falling to 18 and remaining steady throughout the races. Partly sunny with winds 18-20 mph with gusts to 30. Expect a well-maintained machine-worked course of primarily transformed snow.

<u>Glidewax</u>: 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.

<u>Structure</u>: A 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.

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Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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 <u>How To</u> link at <u>TokoUS.com</u>.