

WAX RECOMMENDATION



Mt. Ashwabay Summit Race

Mt. Ashwabay, Bayfield, WI

Saturday, February 5

9:30 A.M. Middle School 3.5K, Freestyle

10:15 A.M. High School 7K, Freestyle

11 A.M. College Pursuit; 11:15 A.M. Open Pursuit

Pursuit is 15K Skate, 10K Classic

All mass starts

<http://www.duluthxc.com/nordic-spirit>

Forecast/Conditions: Overnight will be -4F and temperature at start will be 6F. Expect cold snow tilled and packed. Watch for leaves and woody material from high winds. New snow will be falling for later races.

Glidewax: Apply High Performance Blue Hot Wax, sprinkle on X-Cold powder, iron in together, scrape and brush. Then spray on HP LP 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, sprinkle on X-Cold powder, iron in together, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 layers of Nordic GripWax X-Cold, corking between layers.

Structure: A fine 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 Blaise Sopiwnik, Toko Tech Team member since 2014. sharptailconstruction@gmail.com

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.