

North Beach on Bde Maka Ska lake, Minneapolis, MN Saturday, February 5 9 A.M.

10.8K, 21.8K and 36K, Classic races Races are mass starts, finish at Wirth trailhead https://www.loppet.org/events/festival/

Forecast/Conditions: Overnight low of -4F rising to 6F at the start and reaching the high teens at the conclusion of the races. Mostly cloudy, wind at 15 mph gusting to 30. Expect a varied racing surface from a firm manmade course to transformed natural snow with some debris away from Wirth Park and thin, dirty snow in spots. 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 for instructions on applying X-Cold Powder with Blue Hot Wax. Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply alternating layers of Nordic GripWax Blue and X-Cold, corking between layers, with final layer of X-Cold. Mid- to late finishers should substitute Nordic GripWax Red for X-Cold with the final layer being Red.

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 Gerald Slater, Toko Tech Team member since 2006. grslater@comcast.net

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 How To link at TokoUS.com.