

# WAX RECOMMENDATION



## Michigan Cup Relays

Cross Country Ski Headquarters, Roscommon, MI

Sunday, March 6

11 A.M.

5K each leg, CL-FS-FS

Mass start, Relay

<http://Crosscountryski.com>

**Forecast/Conditions:** Overnight high of 51 at 6 A.M. dropping to 44 at start. A 95 percent chance of rain overnight with a 40 percent chance of rain during race. Expect slushy conditions and high winds.

**Glidewax:** Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply High Performance 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 2 layers of Nordic GripWax Yellow, corking between layers.

**Structure:** A universal structure covered by one pass with the Yellow 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](#) 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](#).

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