

WAX RECOMMENDATION



Loppet High School Invite

Theo Wirth Park, Minneapolis, MN

Saturday, January 14

8:30 A.M. - 11:30 A.M. starts

5K, Skate and Classic plus a Sprint Relay race

Relay heats are mass starts, waves for 5K races

All single loop races

<https://www.loppet.org/events/highschoolinvite/>

Forecast/Conditions: Overnight low of 14, race temperature from low to mid-20s. Expect transformed coarse snow that is machine worked into a solid racing platform. Mostly cloudy with 5-10 mph winds from the south.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red Liquid Paraffin, let stand overnight, then polish with the Liquid Paraffin Polishing Brush. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, 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 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 the final 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