

WAX RECOMMENDATION



Ski de She

American Birkebeiner Trailhead, Cable, WI

Saturday, January 28

10 A.M. 30K Skate/20K Classic/10km Skate

ALL races use same 10K course

Mass start

<https://www.birkie.com/ski/events/ski-de-she/>

Forecast/Conditions: Overnight low of -6F, Saturday high of 10. Snow is hardpacked, with the fresh snow expected (2-3") Friday to be tilled in. Race time temperature expected to be around zero F.

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, apply BP Blue Hot Wax, iron in, scrape and brush, then 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 4 alternating layers of GripWax Blue and GripWax X-Cold, corking between layers. Finish by corking in 2 layers of GripWax X-Cold to speed up the kick.

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax layer or before spraying HP LP will best suit these conditions.

Created by John Bauer, Toko Tech Team member since 1996.

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