

# WAX RECOMMENDATION **TOKO®**

## American Birkebeiner Open Track

Birkebeiner Trail, Cable to Hayward, WI

Wednesday, February 22

50K Skate, 55K Classic

Open start between 8 A.M. and 9 A.M.

<https://www.birkie.com/ski/events/open-track/>

**Forecast/Conditions:** Overnight low of around 8F with a daytime high of around 20. Start time temperature will be around 12 under cloudy skies. Expect blustery/windy conditions with snowfall beginning in the afternoon. The track will be covered in windblown snow and become soft as more skiers ski the course and as snow accumulates in the afternoon.

**Glidewax:** Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, [iron in together](#), scrape and brush. Then spray on High Performance Blue Liquid Paraffin, let stand overnight, and polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, 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 Blue, corking between layers.

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

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Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

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