

# WAX RECOMMENDATION

# TOKO<sup>®</sup>

## MSHSL Section 3

Battle Creek, St. Paul, MN

Tuesday, February 7

10:30 A.M. 5K Classic, Interval start; 12:30 P.M. Relays,

2:30 P.M. 5K Skate, Pursuit start

Relays are mass starts

Forecast/Conditions: Overnight low 29 rising to 30 for the classic races and 32 -34 throughout the remainder of the day. Highly transformed natural and manmade snow, machine prepared. Partly sunny with winds of 15 mph from the NW. Little chance of rain/snow on race day but a 50 percent chance of rain Monday noon to midnight.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Yellow 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 Yellow 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 Yellow, corking between layers to create a smooth finish.

Structure: A fine or universal structure covered by one pass with the Yellow 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).

# Racing - Service