

WAX RECOMMENDATION TOKO®

Minnesota State High School League Section 5

Theo Wirth Park, Minneapolis, MN

Wednesday, February 8

10 A.M. 5K Classic, Interval start; 11:15 A.M. Relay Heats,

1:15 P.M. Relay Finals, 2:15 P.M. 5K Skate, Pursuit start

Relays are mass starts

Forecast/Conditions: Overnight low of 23 rising to 29 for the start of the Classic races and into the mid-30s for the Relay and Skate races. Sunny with winds of 10 mph from the SW. Expect highly transformed mix of natural and manmade snow, PistenBully prepared.

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 achieve a smooth finish.

Structure: A universal structure covered by one pass with the new double-bit Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions. If you do not have the new double-bit tool, use the previous single-bit Red Structurite tool.

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