

WAX RECOMMENDATION TO KO City of Lakes Lonnet Classical

Cedar Lake, Minneapolis, MN Saturday, February 4 9 A.M.

20K/33K, Classic

Races are wave starts, finish at Wirth trailhead

https://www.loppet.org/events/marathon-puoli-tour-ski/

Forecast/Conditions: Overnight low of 5F rising to 15 at the start. Expect heavily transformed snow over the entire course with solid tracks that could soften on south-facing uphills for later skiers. Mostly cloudy with a mild wind from the south. Little chance of snow between now and the start.

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.

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