



CXC Youth Championships

Winter Park, Minocqua, WI Sunday, March 5 9 A M 3K Classic 1 loop, Interval start More info here

Forecast/Conditions: Overnight low of 20, temperature at start will be 25. Expect snow to be new and packed firm. Partly cloudy skies and light wind. For later races the temperature will rise to 32.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red 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, 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 3-4 layers of Nordic GripWax Red, corking between layers. For more kick in later races use GripWax Yellow for top layer under foot.

Structure: A 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 Blaise Sopiwnik, Toko Tech Team member since 2014. 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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