



Duluth CXC Cup - Classic Distance

Grand Avenue Nordic Center, Duluth, MN Sunday, December 10 First start at 9:30 A.M., with other groups to follow https://www.duluthsupertour.com/cxc-cup

Forecast/Conditions: Overnight low of around 20 with the temperature rising steadily throughout the day to the low 30s under mostly sunny skies. Race course conditions are expected to be nearly 100 percent machined manmade snow. Snow will be glazing as the day goes on, as this is a lap race on a 1.5K course.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red Liquid Paraffin, let stand 2-4 hours, 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 2-3 layers of Nordic GripWax Red, corking between layers. For those wanting more grip late in the day, substitute Nordic GripWax Yellow for Nordic GripWax Red

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 Frank Lundeen, Toko Tech Team member since 1999, tokowaxtip@gmail.com 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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