

American Birkebeiner Trailhead, Cable, WI Saturday, December 16

First start at 8:30 A.M., with starts continuing all day https://www.birkie.com/ski/events/gitchi-gami-games/

Forecast/Conditions: Very warm temperatures and rain on Friday, overnight low in the upper 20s. Expect high near 40 with mixed precipitation and gusty wind on race day. Race course conditions are expected to be nearly 100 percent machined, wet manmade snow. Snow will be glazing as the day goes on, as this is a lap race on a 1300 or 650 meter course.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand for at least 2 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Red 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 Klister Green, let cool. Wait to apply your GripWax or Klister of the day at the venue. If there isn't fresh snow on the trail, plan on a mix of Nordic Klister Red/Klister Yellow mixed 1:1. Smooth klister with your thumb. For those wanting more grip, particularly late in the day, go straight Klister Yellow.

**Structure:** A 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 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.