

WAX RECOMMENDATION TOKO®

Ahvo Taipale High School Holiday Relays

Battle Creek Regional Park, St. Paul, MN

Tuesday, December 20

2 P.M.

Varsity 4x2.5K (CL, CL, SK, SK) - JV 2x2.5K (CL, SK)

www.skinnyski.com/racing/highschool/2023/taipalereleys11-27.pdf

Forecast/Conditions: Monday evening low of 18 rising to race temperatures in the mid-30s. Partly sunny, southerly winds of 10-15 mph. Expect a course of manmade snow, glaze in the classic tracks and softer conditions from heavy skier traffic.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on HP Red Liquid Paraffin, let dry at least 2-4 hours, then polish with the Liquid Paraffin Polishing Brush. If you do not have LP spray, apply Base Performance Blue Hot Wax, scrape and brush, then apply H P 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 Yellow, corking between layers. Varsity skiers may wish to cover the Yellow with a final layer of 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 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