

WAX RECOMMENDATION



Iola Norseman Challenge

Ioloa Winter Sports Club, Iola, WI

Sunday, January 28

9:15 A.M. 10K Classic, 12:15 P.M. 20K Freestyle

Mass starts, all races will be multiple laps

<http://www.iolawintersportsclub.org>

Forecast/Conditions: Several days of above freezing weather will soften the snowpack. Expect an overnight low around freezing and Classic race temperatures in the low 30s warming to mid- to high 30s for the Skate race. Expect the trail to soften and break down with the warm temperature and multiple lap traffic.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on HP LP Yellow, let stand 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, apply Nordic Base Klister Green, heat, smooth and let cool. Then apply Nordic Klister Red and Klister Yellow in an alternating chevron pattern, carefully heat, smooth and let cool.

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.

Created by Ben Lund, Toko Tech Team member since 2000.

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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