



## Coleraine JNQ CXC Cup - Classic

Mt. Itasca, Coleraine, MN Sunday, January 21 Mass starts from 10 A.M. - 2 P.M. All race distances on 1.65K manmade snow loop https://mtitascanordic.wixsite.com/cxc-cup

Forecast/Conditions: Overnight low near zero F with a high of 17 under partly sunny skies with gusty winds. Expect machined track conditions comprised of a mix of manmade and natural snow - with snow blowing around.

Glidewax: Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, let cool, scrape and brush. Sprinkle on HP Powder Blue, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green short (in klister zone), cork smooth, let cool. Then create a pyramid of multiple thick layers of Base Wax Green, corking between each layer. Stay short, not beyond klister zone. Finish by covering with a very thin layer of GripWax Blue, corking lightly.

**Structure:** A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax 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.