

# WAX RECOMMENDATION **TOKO**<sup>®</sup>

## Prince Haakon Wednesday Open Track

American Birkebeiner Trailhead, Cable, WI

Wednesday, February 21

Noon

Prince Haakon 10K, Skate and Classic

10K loop

<https://www.birkie.com/>

**Forecast/Conditions:** Overnight low of around 22 with a daytime high around 45. Start time temperature will be in the upper 30s under mostly sunny skies. The track will be a machined base of manmade snow. Expect the track to become softer as more skiers ski the course, with some dirty snow at road crossings and other areas.

**Glidewax:** Apply High Performance Red Hot Wax, scrape and brush. Spray on HP Liquid Paraffin Yellow, let stand overnight (overnight will yield a more dirt-resistant finish), 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 and smooth. Then apply alternating layers of Base Wax Green and Nordic GripWax Yellow, corking between layers. Final layer should be Yellow. If using skin skis, treat skins with Eco Skin Proof. For best performance, apply Eco Skin Proof the day before the event.

**Structure:** A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax layer and before applying HP Liquid Paraffin will best suit these conditions.

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Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

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