

American Birkebeiner Trailhead, Cable, WI Thursday, February 22 2 P.M.

1.5K/3K Skate and Classic Individual and Relay events https://www.birkie.com/

Forecast/Conditions: Overnight low of around 23 with a daytime high around 47. Start time temperature will be in the low 40s 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 in some areas.

Glidewax: Apply Base Performance Yellow Hot Wax, scrape and brush. Go have fun!

Gripwax: Roughen base with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. Then apply Nordic Klister Yellow, smooth and let cool. 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 lover

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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.