



Michigan State HS Championship Pursuit

Al Quaal Recreation Area, Ishpeming, MI

Saturday, February 10

9 A.M. Classic 5K Individual start

2 P.M. Freestyle 5K Gunderson start

 $2 \times 2.5 K$ lap courses

Event Website

Forecast/Conditions: Friday night a 20 percent chance of snow showers after 1 A.M. Mostly cloudy, with a low around 25. Saturday a 30 percent chance of snow showers, mainly before 1 P.M. Mostly cloudy, with race temperatures steady 27-29. Expect a mix of wet new snow and old transformed snow slightly refrozen overnight for both events.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Red, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, then apply a light layer of Nordic Base Klister Green, smooth out. Then apply Nordic Klister Red, smooth out and let cool. Apply a layer of Nordic GripWax Red and lightly cork smooth being sure to not mix into the klister.

Structure: A universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax/Powder

or before spraying HP LP will best suit these conditions. Created by Michael Young, Toko Tech Team member since 2005. 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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