



Minnesota State HS League Section 3 Skate

Battle Creek Regional Park, St. Paul, MN Tuesday, February 6 Noon 5K Skate, Pursuit start

Forecast/Conditions: Overnight low of 30 rising into the high 40s for the Skate races. Mostly sunny with winds from the south. This manmade snow course will start out firm and glaze for the Classic races. It should eventually soften and become sugar snow for the Skate races. Expect dirt in spots and moist snow in spots.

Glidewax: Iron in a layer of X-Cold Powder, scrape, brush, then spray on HP LP Yellow, let sit at least two hours, then polish with a Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush.

Structure: A fine or 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.

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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.