

# WAX RECOMMENDATION



## COLERAINE MIDWEST CXC CUP - FREESTYLE SPRINT

Mt. Itasca, Coleraine, MN - Saturday, Dec 21

10 A.M., 1.5k, Freestyle

Qualifier, followed by finals & youth races – One lap on 1.3k course

<https://mtitascanordic.wixsite.com/cxc-cup>

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**Forecast/Conditions:** Overnight low of about -7F, temperature at qualifier start of about +2F, partly sunny skies. Temperature will be slowly rising to about 14 for heats and youth races. Expect a machined surface comprised of a mix of manmade and fresh natural snow. An "Alberta Clipper" snow system that is predicted for Thursday. Alberta Clipper systems are somewhat unique in that the snow generally falls relatively warm and wet, and then the temperature plummets to sub-zero conditions after the snow is done falling. This results in particularly sharp, hard and draggy snow crystals.

**Glidewax:** For morning races, drip on High Performance Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape & brush. For afternoon races, apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Blue, 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 Blue Hot Wax, scrape and brush.

**Gripwax:** n/a

**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*

***Racing-Service***

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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).