

WAX RECOMMENDATION



COLERAINE MIDWEST CXC CUP - CLASSIC

Mt. Itasca, Coleraine, MN - Sunday, Dec 22

10 A.M., 7.5k Men / 5k Women, Classic. Shorter distances for youth

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

Forecast/Conditions: Overnight low of about 7F, temperature at first start time of about 14, mostly cloudy skies. Temperature will be slowly rising to about 22 for later races. Expect a machined surface comprised of a mix of manmade and natural snow.

Glidewax: For morning 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. For afternoon races, apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Red, let stand at least 2-4 hours, 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, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax Blue, corking between layers. For those wanting more grip, substitute Nordic GripWax Red for Nordic GripWax Blue.

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

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.