

# WAX RECOMMENDATION



## ABC's INVITATIONAL RELAYS

Vasaloppet Center, Mora, MN - Saturday, Jan 18

10 A.M., 4x3k relays – 2 Classic and 2 Freestyle skiers/team

Mass start

<https://www.skinnyski.com/racing/highschool/2024/abcrelays-form.pdf>

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**Forecast/Conditions:** Expect a thaw with warm temperatures on Friday, then freezing as the temperature drops to 2F Friday evening and rises to 4F by the start. Saturday will be sunny with wind in the mid-teens from the NW. Little chance of snow between now and Saturday. Course is manmade snow.

**Glidewax:** 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:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-4 layers of Nordic GripWax Blue, corking smooth between layers.

**Structure:** A fine or universal structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

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*Created by Gerald Slater, Toko Tech Team member since 2006*

***Racing-Service***

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Check the [Wax Tips](#) page at [TokoUS.com](https://www.toko.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.