



MINNESOTA STATE HIGH SCHOOL SECTION 2

Wirth Park, Minneapolis, MN - Thursday, Feb 6

10 A.M. first 5k Skate race, 11:15 A.M. first Skate Relay race, 2:15 P.M. first 5K Classic race
Pursuit start for Classic and Skate, relay heats and finals are mass starts

<https://www.skinnyski.com/racing/display.asp?id=56069>

Forecast/Conditions: Overnight low of 15, rising to 17 for the first start and remaining in the high teens throughout the races. A 90 percent chance of snow (1-2 inches) late Wednesday evening into Thursday morning dropping to 60 percent during the races. Mostly sunny with a W wind 15-30 mph. Expect a well-groomed racing platform of manmade snow with up to two inches of natural snow on the top.

Glidewax: 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 2-4 layers of Nordic GripWax Red, corking smooth between layers.

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