

WAX RECOMMENDATION **TOKO**[®]

Iowa Winter Games

Mines of Spain State Recreation Area, Dubuque, IA

Saturday, January 24

8K Classic, 10 A.M.

10K Skate, 2 P.M.

Open to only IA and IL residents

Forecast/Conditions: Expect a machine-worked track.

Temperatures Friday night are expected to get down into the single digits below zero. Race time temperatures should be around zero.

Glidewax: Apply LF Blue, scrape and brush. Apply LF Moly/LF Blue mixed 1:1, scrape and brush. Then apply HF Blue, sprinkle on Nordlite Powder X-cold, iron in together, scrape and brush. Finish by rotocorking JetStream Blue, brush with a dedicated nylon polishing brush and polish with a thermopad.

Gripwax: Roughen base with 150 grit sandpaper. Iron in Carbon BaseWax Green, cork smooth, let cool. Then apply several layers of Carbon GripWax Mint, corking between layers. Those needing extra kick should use Carbon White.

Structure: A Cold Linear Structure will best suit these conditions.

Check the WaxTip page at www.TokoUS.com before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes available, skip the Fluorocarbon (JetStream) and substitute the LF or System 3 wax of the same color (Yellow, Red or Blue). For those who do not have a rotocork for applying JetStream, the next best thing is to iron it in.

Racing - Service