

WAX RECOMMENDATION



MLK Invitational Nordic Ski Carnival

Valleywood Golf Course, Apple Valley, MN

Monday, January 19

Pursuit: 5K Classic (9:30 A.M.), 5K Skate (P.M.)

1.3K multi-heat freestyle sprint (A.M.)

4X2.5K relay (2 Classic/2 Skate legs, P.M.)

Other than pursuit, all other starting times TBD

Forecast/Conditions: Mostly sunny with morning temps from 17 to 23 and an afternoon high in the upper 20s. Sunday night lows in the low teens. Slight chance of snow early Sunday, but should be mixed with existing, so expect hard packed transformed snow.

Glidewax: A.M. race: Apply LF Moly, scrape and brush, then apply HF Blue/HF Red mixed 1:1, scrape and brush. Finish by rotocorking JetStream Red, brush with a dedicated nylon polishing brush and polish with a thermopad. P.M. races: Substitute HF Red for the mix of Blue/Red and JetStream Yellow in place of JetStream Red.

Gripwax: Roughen base with 150 grit sandpaper. Iron in Carbon BaseWax Green, cork smooth, let cool. Apply several layers of Carbon GripWax White for A.M. races, or Carbon Blue if more kick is needed. Apply several layers of Carbon Violet for the P.M. races, or Carbon Red if more kick is needed.

Structure: Universal grind. One pass with course-linear wheel of a TOKO structurite tool before JetStream application.

Racing - Service

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.