

WAX RECOMMENDATION



MN High School Section 6

Baker Regional Park, Medina, MN

Wednesday February 4, 2009

Pursuit race: 5K Classic and 5K Skate

Classic: 10 A.M. girls, 11 A.M. boys

Skate: 1:30 P.M. girls, 2:30 P.M. boys

Forecast/Conditions: Expect hard pack and icy conditions in the open and transformed granular snow in the woods. Tuesday night low -10F. Temperature during morning races around 4F.

Temperature during the afternoon races in the high teens. Sunny with a slight wind.

Glidewax: Apply LF Moly/LF Blue mixed 1:1, scrape and brush, then apply HF Blue, 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. Apply Carbon Klister Base Green, let cool. Cover klister with Carbon GripWax Mint or, for more kick, Carbon White.

Structure: Cold or a universal grind covered by one pass with the fine-linear wheel of a Toko structurite tool (before JetStream application) 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