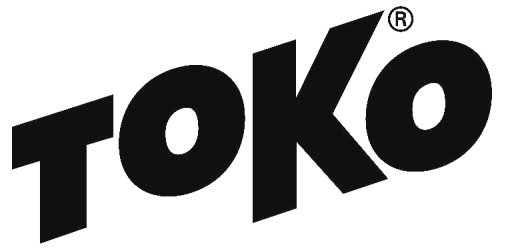


WAX RECOMMENDATION



MN High School Section 7

Giant's Ridge, Biwabik, MN

Thursday, February 5

Pursuit race: 5K Classic and 5K Skate

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

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

Forecast/Conditions: Expect hard pack, transformed granular snow. Wednesday evening low 3F. Temp during morning races in the mid 20s. Temp during the afternoon races in high 20s. Sunny with a slight breeze.

Glidewax: Classic: Apply LF Moly, scrape and brush. Apply HF Blue, scrape and brush, then rotocork JetStream Blue, brush with a dedicated polishing brush and polish with a thermopad. Skate: Apply LF Moly, scrape and brush. Apply HF Red/HF Yellow mixed 1:1, scrape and brush, then rotocork JetStream Yellow, 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 2-3 layers of Carbon GripWax White, corking between layers. Later starters or those desiring more kick apply Carbon Blue. When tracks glaze, Carbon Yellow will work well.

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.

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.