

WAX RECOMMENDATION **TOKO**[®]

Mesabi East XC Invitational

Giant's Ridge, Biwabik, MN

Saturday, January 5

5K classic and 5K skate races

Classic races start at 10AM

Skate races start 1:30PM

Interval starts - one lap

Forecast/Conditions: Friday Night...Mostly cloudy. Lows near 17. **Saturday**...Race time temperatures starting near 20 and rising to mid-30's

Glidewax: Apply LF Moly, scrape and brush, apply HF Red, scrape and brush. Finish by rotocorking JetStream Moly, polishing well with a dedicated nylon polishing brush, and finally polish with a Thermo Pad. HelX Cold would make an excellent alternative to Jetstream.

Gripwax: Sand kick zone lightly with 150 grit sandpaper. Apply Toko Base Green, heat and spread with a synthetic cork. Apply 2-3 thin layers of Toko Carbon Blue. Those who desire more kick should add Viola under the foot.

Structure: A universal stonegrind 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 (HelX, JetStream) and substitute the LF or System 3 wax of the same color (Yellow, Red, Blue). Additionally, for those who do not have a rotocork (for applying JetStream), this step can be replaced by vigorously corking with a dedicated Plasto Cork at the expense of durability.