

WAX RECOMMENDATION



Test the Lungs Race

Green Acres, Lake Elmo, MN

Saturday, December 10

10 A.M.

5K/10K Skate

Mass start, high school separate start

Get checked for exercise-induced asthma afterwards

www.sisuskiers.org/events/test-the-lungs-race-asthma-screening

Forecast/Conditions: Overnight low temperature near zero F, rising to near 10 at start of races. Course will be newly shot manmade snow. Expect it to be abrasive.

Glidewax: Apply LF Moly, 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.

Structure: A fine linear grind covered by one pass with the Blue 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, 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. To see optimal application procedures for both Glidewax and Gripwax, go to www.TokoVideos.com.