

# WAX RECOMMENDATION



## Iola Norseman Challenge

Iola Winter Sports Club, Iola, WI

Sunday, January 31

9:30 A.M. 10K Classic, mass start

Noon 18K Freestyle, mass start

Forecast/Conditions: Expect firm tracks with mixture of new snow and ice from recent warming and refreezing. Overnight low expected near zero F rising to 8F at the Classic start and 12F at the Skate start.

Glidewax: Apply LF Blue, scrape and brush. Then apply LF Blue/LF Moly mixed 1:1, scrape and brush. Then apply HF Blue, sprinkle on Nordlite Powder X-cold, iron in together, scrape and brush. Finish by rotocorking JetStream Blue, brushing 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 2-3 layers of Carbon White and cork smooth.

Structure: A very fine linear structure will best suit these conditions. No additional structure should be added by hand.

Racing - Service

Check the WaxTip page at [www.TokoUS.com](http://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.