

WAX RECOMMENDATION



Iola Norsemen Challenge

Iola Winter Sports Club Nordic Center, Iola, WI

Sunday, January 29

9:30 A.M 10K Classical

Noon 18K Freestyle

Forecast/Conditions: A slight chance of some new snow during the day Saturday. Expect the temperature to fall to around 10 Saturday night. The temperature will rise into the low teens by the Classical race time and mid- to high teens by noon with some sun. Expect a firm track.

Glidewax: Apply LF Moly, 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 Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Blue, corking between layers. For extra kick apply a layer of GripWax Red under the layers of GripWax Blue.

Structure: A cold grind followed 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.