

WAX RECOMMENDATION



Great Glen Nordic 300

Great Glen Trails, Gorham, NH

Sunday, February 8

10 A.M., mass start

300 minutes

Skate and Classic

5K loop, multiple times!

Forecast/Conditions: Saturday night low 22. Sunday high of 37 with 40 percent chance of snow or rain showers. Cloudy. Snow temp will be high teens warming to mid 20s by noon.

Glidewax: Iron on LF Moly scrape and brush. Iron on HF Red for Women and J2 boys. For Men iron on HF Red and HF Yellow mixed 1:1, scrape and brush. Finish by rotocorking JetStream Yellow, 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. Then apply 2-3 layers of Carbon GripWax Red, corking between layers. If snow temp warms up, test Carbon Yellow if more kick is needed.

Structure: Use a fresh, wet snow grind or 2 passes of the coarse broken Structurite Tool after the HF wax and before applying the JetStream.

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.

Racing - Service