

# WAX RECOMMENDATION **TOKO**<sup>®</sup>

## **TD Banknorth Eastern Cup at Gunstock**

Gunstock Nordic Center, Gilford, NH

Sunday, February 22

10 A.M., J2 Boys 5K; 10:30 A.M., J2 Girls/Women 5K

Noon, Men 10K

Classic, Interval start

5K loop

Forecast/Conditions: Saturday night low 16 with 30 percent chance of snow showers. Sunday high of 34 with 40 percent chance of snow showers. Cloudy. Snow temp will be mid to upper 20s.

Glidewax: Iron on LF Moly, scrape and brush. Iron on HF Red for Women and J2s. For Men, iron on HF Red/HF Yellow mixed 1:1, scrape and brush. Finish by rotocorking JetStream (Red for women and J2 boys, Yellow for Men), brush with a dedicated nylon polishing brush and polish with a thermopad.

Gripwax: See Toko Tech Team members at race site for recommendation.

Structure: Use a Universal grind or 2 passes of the fine linear Structurite Tool after the HF wax and before applying the JetStream.

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 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**