

# WAX RECOMMENDATION

# TOKO<sup>®</sup>

## World Famous Osceola Christmas Pie Race/ Mid-Atlantic Junior National Qualifier

Osceola Tug Hill Cross Country Ski Center, Camden, NY

Saturday, December 17

10 A.M. BKYSL; 11 A.M. Scholastic/Open/Masters

5K Classic

Interval tart

1 short fast loop

[http://www.nyssranordic.com/xc\\_2009xcsched\\_detail.htm](http://www.nyssranordic.com/xc_2009xcsched_detail.htm)

**Forecast/Conditions:** Overnight low of 20 with a 50 percent chance of snow. Start temperature 25 warming to 30 with a chance of snow throughout the day.

**Glidewax:** Apply LF Moly, scrape and brush, then apply HF Red/HF Yellow mixed 1:1, scrape and brush. Finish by rotocorking JetStream Red, 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 2 layers of Nordic GripWax Red, corking between layers. If you need slightly more kick apply 1 thin layer of GripWax Yellow over your Red, corking between layers.

**Structure:** A universal grind covered by one pass with the Red Structurite tool before JetStream application will best suit these conditions.

# 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. To see optimal application procedures for both Glidewax and Gripwax, go to [www.TokoVideos.com](http://www.TokoVideos.com).