

WAX RECOMMENDATION

TOKO[®]

Rochester Junior National Qualifier

Bristol Mountain Summit Nordic Center, Canandaigua, NY

Sunday, January 29

Starts from 10 A.M

10K Male, 5K all Female and all J2s

Classic technique, Interval start

8 Laps Men, 4 Laps Women and J2s

www.pittsfordschools.org/webpages/pnordic/index.cfm?subpage=44346

or

<http://www.midaxc.com/>

Forecast/Conditions: Overnight low of 20, temperature at start 24. Manmade granular snow with significant contamination. A 40 percent chance of snow throughout the day.

Glidewax: Apply LF Moly, scrape and brush, then apply HF Red, 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 3 layers of Nordic GripWax Red, corking between layers. Keep your kick zone as short as possible as you can double pole the majority of the course.

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 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.