

# WAX RECOMMENDATION



## NYSEF Harry Eldridge Memorial Mid-Atlantic JNQ NRL

Mt. Van Hoevenberg Biathlon Side, Lake Placid, NY

Saturday, January 21

Noon Men, 1:30 P.M. Women

7.5K Classic

Interval Start, 3 loops of 2.5K

<http://nysefxcski.blogspot.com/>

**Forecast/Conditions:** Overnight low of 1 F, temperature at start 17, transformed granular snow, 40 percent chance of new snow.

**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 1 layer of Carbon GripWax Mint followed by 1 layer of Base Wax Green, corking between layers. Repeat this process 3 to 5 times building up the layers under foot.

**Structure:** A Cold Universal Grind covered 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](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).