

WAX RECOMMENDATION



Craftsbury Classic - Updated!

Craftsbury Nordic Center, Craftsbury, VT

Sunday, January 1

2 P.M.

5K Women, 10K Men

Mass start

Laps: TBD, 2 to 4 based on conditions

<http://www.craftsbury.com/skiing/events.htm>

Forecast/Conditions: Overnight low in the low 20s with a 30 percent chance of snow and sleet. Cloudy with a race time temperature near 32 with wet manmade snow.

Glidewax: Apply LF Moly, scrape and brush, then apply HF Red/HF Yellow mixed 1:1, scrape and brush. Finish by rotocorking JetStream Yellow, 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 a thin layer of Nordic Klister Yellow. Cover with Nordic GripWax Yellow if there is fresh snow in the tracks.

Structure: A universal grind covered by one pass with the Yellow 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.