

WAX RECOMMENDATION



NYSEF Harry Eldridge Memorial Mid-Atlantic JNQ

Mt. Van Hoevenberg Biathlon Side, Lake Placid, NY
Sunday, January 22

9:30 A.M. J2 Boys 5K Skate Mass Start followed by
J2 Girls 5K, J1/OJ Boys 10K and J1/OJ Girls 10K
2.5K Loop for all races

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

Forecast/Conditions: Overnight low of 4 F, temperature at start 15, transformed granular snow, 10 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.

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 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.