

# WAX RECOMMENDATION



## Gunnar Hagen Memorial - Updated!

Interstate 90, Exit 63 SnoPark, near Easton, WA

Sunday, January 15

10 A.M.

30K/10K Classic

Interval Start

10K lap

<http://www.kongsbergers.org/GH-new2012.html>

Forecast/Conditions: Overnight low of 25 and 1-2" of new snow likely. Temperature at start of 27 with light to moderate snow possible.

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 3-4 layers of Nordic GripWax Red, corking between layers. Check at the Toko tent for updated grip wax recommendation.

Structure: Universal grind similar to Nordic Ultratune MVL, i5 or 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).