

# WAX RECOMMENDATION



## Glacier Glide Nordic Freestyle Ski Race

Izaak Walton Inn, Essex, MT

Sunday, January 22

10:30 A.M.

18K/9K/3K/1K Freestyle

[www.glaciernordicclub.com](http://www.glaciernordicclub.com)

**Forecast/Conditions:** Overnight low around 15, temperature at start in mid-20s. Expect fresh snow throughout the week making for soft track conditions. Snow expected on race day.

**Glidewax:** Apply LF Moly/LF Blue mixed 1:1, 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 3-5 layers of Nordic GripWax Red, corking between layers. Adjust as needed.

**Structure:** A fine linear structure 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).