

# WAX RECOMMENDATION



## NENSA Eastern U16 Championships

Gore Mt. Nordic Center, North Creek, NY

Sunday, March 10, 2024

10:00 A.M.

4 X 2.5/3.3K, Mixed Relay

Mass start

1 Lap

<https://nensa.net/u16-championships/>

**Forecast/Conditions:** Overnight low of 32 F, temperature at start 35F, Transformed wet snow, PistenBully groomed track, rain/80% chance of rain, High of 40F.

**Glidewax:** Apply High Performance Red Hot Wax, scrape and brush. Sprinkle on HP Powder Yellow, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Red Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Klister Green, cork smooth, let cool. Apply 1-2 thin layers of Yellow Klister, smooth and let cool.

**Structure:** A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax/Powder or before spraying HP LP will best suit these conditions.

Created by Stuart Kremzner, Toko Tech Team member since 2005.

Check the [Wax Tips](#) page at [TokoUS.com](https://TokoUS.com) before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at [TokoUS.com](https://TokoUS.com).

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