

# WAX RECOMMENDATION TOKO®

## Eastern High School Championships Relay

Holderness School, Holderness, NH

Sunday, March 17

10:30 A.M.

2.5K, Classic or Skate in mixed relay

Mass start

1 lap x 4 legs

<http://nensa.net/eastern-hs-championships>

**Forecast/Conditions:** Overnight low in the mid-30s rising into the 40s in the morning with light showers.

**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. If you have HP Liquid Paraffin Yellow, spray on just before the race and ski on it wet.

**Gripwax:** Roughen base with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. While still warm, apply Nordic Klister Red and Klister Yellow in an alternating chevron pattern, smooth, let cool.

**Structure:** A wet 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 Rob Bradlee, Toko Tech Team member since 2000. [Rob@FreedomTrailNordic.com](mailto:Rob@FreedomTrailNordic.com)

Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

Racing - Service