

# WAX RECOMMENDATION



## Eastern Cup #1 Season Opener - Updated!

Craftsbury Nordic Center, Craftsbury, VT

Sunday, December 18

9:30 A.M. U16 Girls 5K, 10:15 A.M. U16 Boys 5K

11 A.M. Women 10K, 12:30 P.M. Men 10K

2 P.M. BKL

2nd day of pursuit. Pursuit start, Skate  
5K lap

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

**Forecast/Conditions:** Saturday overnight low in the high 20s. Temperature at 9:30 A.M. start in the mid-30s. At 1 P.M., mid-30s with a 60 percent chance of rain changing to snow/rain mix. Mix of new and manmade snow, PistenBully packed.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Yellow, scrape and brush. Finish by crayoning JetStream Yellow, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad. For better glide, cover by spraying an even layer of HelX 2.0 Yellow, let dry and ski. Do not brush or polish. For BKL, apply LF Yellow, scrape and brush.

**Structure:** A wet grind covered by one pass with the Yellow Structurite tool after JetStream application will best suit these conditions

Created by Dave Boucher, Toko Tech Team member since 1999.

Check the [Wax Tips](http://TokoUS.com) page at [TokoUS.com](http://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 NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at [TokoUS.com](http://TokoUS.com).

**Racing - Service**