

WAX RECOMMENDATION



Eastern Cup #1 Season Opener

Craftsbury Nordic Center, Craftsbury, VT

Saturday, December 17

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

11:30 A.M. Women 5K, 1 P.M. Men 10K

Interval start, Classic

5K lap

www.craftsbury.com

Forecast/Conditions: Friday overnight low 1F. Temperature at 9:30 A.M. start in the mid-teens, at 1 P.M. in the low 20s. A 100 percent chance of snow. Mix of manmade with new falling snow, PistenBully packed.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue, scrape and brush. Finish by crayoning JetStream Blue, 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 afternoon starts mix HF Blue/HF Red 1:1 and JetStream Blue/JS Red 1:1.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 or 3 layers of Nordic GripWax Blue, corking between layers. For additional grip, apply 2 layers of GripWax Red, covered with 1 layer of GripWax Blue.

Structure: A fine linear structure covered by one pass with the Blue 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 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.

Racing - Service