

Pennsylvania Nordic Championships

Wilderness Lodge, Wattsburg, PA Sunday, February 9 A.M. Classic races 5K for all More info here

Forecast/Conditions: Overnight low 18, temperature at start 22. Packed powder with new snow over top, cloudy, with high humidity.

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

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 thin layers of Nordic GripWax Red, corking between layers. If icing occurs during testing, cover with 1 thin layer of Blue, cork smooth.

Structure: A universal grind covered by one pass with the Red Structurite tool before JetStream application will best suit these conditions.

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Created by Duncan Douglas, Toko Tech Team member.

Check the Wax Tips 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.