

WAX RECOMMENDATION



Vermont U16 and Team Qualifier - Updated!

Craftsbury Nordic Center, Craftsbury, VT

Saturday, February 18

10 A.M. Women, 11 A.M. Men, 3K Classic

1 P.M. Women, 2 P.M. Men, 3K Skate

Interval start

www.craftsbury.com

Forecast/Conditions: Friday overnight low about 8F, partly cloudy. Snow temperature at 10 A.M. Saturday in the mid-20s warming to low 30s by 2 P.M. Partly sunny. PistenBully groomed powder snow. The track is mostly in the woods.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, 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. For the afternoon races use HF Red/HF Yellow mixed 1/1 and JetStream Red.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 to 3 layers of Nordic GripWax Red, corking between layers.

Structure: For Classic, a fine linear grind followed with one pass with the Blue Structurite tool (after the Blue JetStream application) will best suit these conditions. For Skate, use the Red structurite tool.

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