

WAX RECOMMENDATION



Hickok Duathlon

Hillside Park, Anchorage, AK

Sunday, January 14

Noon

7.5K Classic and 7.5K Freestyle

Wave start every two minutes

Details [here](#)

Forecast/Conditions: Saturday night mostly cloudy with a chance of snow showers. Low in the 20s. Sunday mostly cloudy with a chance of rain and snow showers. High 35 to 45.

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.

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.

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

Created by Patrick McGownd, Toko Tech Team member since 2000.

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 or HelX) 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