

# WAX RECOMMENDATION



## NENSA Eastern Cup Weekend #2 - Updated!

Rikert Nordic Center, Ripton, VT

Sunday, January 14

11:30 A.M. Women, 1 P.M. Men

10K Skate

Interval start, 2 laps

[frostmountainnordic.org/event/easterncup-weekend-2/](http://frostmountainnordic.org/event/easterncup-weekend-2/)

**Forecast/Conditions:** Saturday overnight low -9F with a 30 percent chance of snow. Snow temperature at start about zero F. PistenBully groomed trail.

**Glidewax:** Apply LF Blue, scrape and brush, then apply HF Blue, sprinkle on X-cold Powder, iron in together, 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.

**Gripwax:** N/A

**Structure:** A fine 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 2000.

Check the [Wax Tips](#) 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 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](http://TokoUS.com).

Racing - Service