

WAX RECOMMENDATION



Race of the Methow JNQ

Liberty Bell High School, Winthrop, WA

Saturday, February 10

9 A.M. U16 and older, Noon U14 and under

1.3K and 0.9K Sprints, Classic technique

Interval start Qualifier

Single lap (see website for details)

<http://www.methowvalleynordic.com>

Forecast/Conditions: As of Thursday morning, we have a fully transformed snowpack. Friday high of 34. Overnight low of 16 Friday night. Sunny skies with a high of 34 by race completion Saturday. Apply klister in the morning as a temperature as low as predicted seem quite unlikely.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red/HF Blue mixed 1:1 for U16 and older, 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 U14 and younger, apply LF Black, scrape and brush, then apply LF Red, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper. Apply thin layer of Nordic Klister Base Green in klister zone, smooth and let harden. Cover with Nordic Klister Red.

Structure: A coarse linear structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions. Red Structurite for U14 and under with no JetStream.

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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