

# WAX RECOMMENDATION



## 44<sup>th</sup> Mount Washington Cup Race

Bretton Woods Nordic Center, Bretton Woods, NH

Sunday, February 11

10 A.M. 10K Skate

Mass start

One loop

[http://brettonwoods.com/Winter\\_Sports/Nordic/MtWash-Cup](http://brettonwoods.com/Winter_Sports/Nordic/MtWash-Cup)

**Forecast/Conditions:** Low of 24 overnight with snow showers developing. Temperature rises to 30 by race start, snow showers likely. Fresh snow PistenBully groomed.

**Glidewax:** Apply LF Black, scrape and brush, then apply a 1:1 mix of HF Red and HF Yellow, 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:** N/A

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

**Racing - Service**

Created by Stuart Kremzner, Toko Tech Team member since 2004.

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).