

WAX RECOMMENDATION



Silver Fox Trot / Dartmouth Carnival

Oak Hill, Hanover, NH

Saturday, February 10

10 A.M. Men 10K, 12:15 P.M. Women 5K

2:15 P.M. U16 Boys 5K

Skate, Interval start

5K loop

<http://www.fordsayre.org/nordic/silver-fox-trot/>

Forecast/Conditions: Low of 23 overnight with snow showers developing. Temperature rises to 34 by race start and then 40 by last racer. Cloudy. Slight chance of a shower.

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 Yellow, 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. Finish by spraying an even layer of HelX 2.0 Yellow, let dry and ski. Do not brush or polish.

Gripwax: N/A

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

Created by Rob Bradlee, Toko Tech Team member since 1999.

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