

WAX RECOMMENDATION



Stowe Nordic/UVM Winter Carnival, EC #3

Craftsbury Outdoor Center, Craftsbury, VT

Saturday, February 3

10 A.M. Women 5K, Noon Men 10K

Classic, Interval start

5K loop

www.nensa.net/ec-weekend-3-virtual-team-captains-page

Forecast/Conditions: Friday overnight low -3F. Temperature at start about zero F rising to 5F to 10F by noon, partly sunny. PistenBully groomed mix of manmade and new snow. The track is mostly in the woods.

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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax X-cold, corking between layers.

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 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