

WAX RECOMMENDATION



Oregon State High School Championships

Mt. Bachelor, Bend, OR

Saturday, February 24

10 A.M. 5K Classic, Interval Start

12:30 P.M. 3 x 800M Relay (CL,FS,FS)

www.oisra.org

Forecast/Conditions: Very snowy conditions all week, so expect soft snow. Friday night a chance of snow, 1 -3 inches possible, low around 14. Saturday cloudy and windy, chance of snow showers, high near 21.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue, 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. Apply several layers of Nordic GripWax Blue, corking between layers.

Structure: A fine linear structure will best suit these conditions.

Racing - Service

Created by Colin Mahood, Toko Tech Team member since 2000.

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