

## NH State Championships DIII/DIV

Great Glen Trails, Gorham, NH Tuesday, March 6th, 2018 5k Classic 10 A.M. & 5k Freestyle 1:15 P.M. Waves of 5-10 every minute; 1 lap

Forecast/Conditions: Overnight low of 21F & mostly cloudy. Temperature at start 25F with mix of fresh and transformed snow, PistenBulley groomed, mostly sunny with a high of 35F.

Glidewax: For AM race, apply LF Black, scrape and brush, then apply HF Yellow and HF Black mixed 1:1, 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. Spray Helx Red, let dry. For PM race, apply LF black base, then 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: Roughen base with 150 grit sandpaper, iron in Nordic Basewax Green. Then apply 3-4 layers of Nordic GripWax Yellow, corking between layers.

Structure: A Universal structure covered by one pass with the Red Structurite tool for AM Race, then Yellow Structurite tool for PM Race before JetStream application will best suit these conditions.

Created by Stuart Kremzner, Toko Tech Team member since 2005

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.

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