

# WAX RECOMMENDATION



## Eastern High School Championships Relay

Black Mountain of Maine, Rumford, ME

Sunday, March 18

9:30 A.M. Mixed gender and technique relay

4 x 3.5K

Mass start

1 loop for Classic, 1 different loop for Skate

<http://www.chisholmskiclub.org>

Forecast/Conditions: Low of 5F Sunday morning. Staying in the single digits throughout the morning. Sunny, with a moderate wind.

Glidewax: Apply LF Blue, 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. Then apply 3 layers of Nordic GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue 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](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).

Racing - Service