

Eastern High School Race

Rikert Nordic Center, Ripton, VT Saturday, December 15 10 A.M. 5K. Skate Interval start, 1 Lap https://frostmountainnordic.org

Forecast/Conditions: Friday Overnight low in the low 30s. Temperature at start in the mid-30s, sunny. Expect wet snow.

Glidewax: Apply NF Black, scrape and brush, then apply NF Yellow, scrape and brush.

Gripwax: N/A

Structure: A wet structure covered by one pass with the Yellow Structurite tool after JetStream application will best suit these conditions.

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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.