

# WAX RECOMMENDATION



## GHN-ADK Skiathlon

Gore Ski Bowl, North Creek, NY

Sunday, January 6

10 A.M.

10K/5K Classic followed by 5K Freestyle

Mass start, multiple loops

<https://www.skireg.com/vauhti-skiathlon>

**Forecast/Conditions:** Overnight low of 24, temperature at start 31. Manmade snow with fresh snow mixed in, machine groomed surface. Cloudy skies with no chance of precipitation.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Red/HF Yellow mixed 1/1, 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.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Red or Yellow (test on site), corking between layers.

**Structure:** Universal structure covered by one pass with the Red Structurite tool (before JetStream application) will best suit these conditions.

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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