

2019 PA Nordic Championships

Wilderness Lodge, Wattsburg, PA Sunday, February 3 9 A.M. 5K Classic 11 A.M. 20K/10K/5K Skate

www.paccsa.org/news-article/2019-pa-nordic-championships

Forecast/Conditions: Overnight low 34, temperature at start 37, cloudy skies with little chance of precipitation.

Glidewax: Apply LF Black, scrape and brush, then apply 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.

Gripwax: Testing required at Race venue. One option may be: Roughen base with 150 grit sandpaper, iron in Nordic Base Klister Green, heat smooth, let cool. Apply 1 layer of Nordic Klister Yellow, smooth and let cool. Then apply 1 layer of Nordic GripWax Yellow, smooth out but do not cork into the klister.

Structure: A wet grind covered by one pass with the Yellow Structurite tool (before JetStream application) will best suit these conditions.

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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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