

# WAX RECOMMENDATION



## Race of the Methow JNQ

Liberty Bell High School, Winthrop, WA

Saturday, February 2

9 A.M. U16 and older, Noon U14 and under

1.3K and 0.9K Sprints, Classic technique, Single loop

Interval start Qualifiers then 3 Heats for all

<http://www.methowvalleynordic.com>

**Forecast/Conditions:** Some light snowfall anticipated between Thursday night and Friday night on top of a firm, clean base. Friday night low of 23 with a daytime high of 36 under mostly cloudy skies. A 30 percent chance of moisture falling at some point during the day.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Red (9 A.M.) or LF Yellow (Noon starts), scrape and brush. Finish by crayoning JetStream Red block, 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. U14 and under may not use HF's. No powders or liquids for all JNQ competitors.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red (9 A.M.) transitioning to Yellow by Noon starts, corking between layers. Apply kick wax at venue to match changing track conditions. Have a few drops of Yellow Klister on hand to mix in with the yellow hard wax should moisture falling cause major glazing to occur.

**Structure:** A Universal structure covered by one pass with the Red Structurite tool, after ironing JetStream and before brushing, will best suit these conditions.

Created by David Ford, Toko Tech Team member since 2003. [dave@TokoUS.com](mailto:dave@TokoUS.com)

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