

# WAX RECOMMENDATION



## Bretton Woods Nordic Marathon

Bretton Woods Nordic Center, Bretton Woods, NH

Sunday, March 3

9:30 A.M.

42K and 21K, Classic

Mass start

1 loop for 21K, 2 loops for 42K

<http://brettonwoods.com>

Forecast/Conditions: Overnight Saturday light snow at 24 degrees. Light snow all day Sunday with the temperature staying in the 20s.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, scrape and brush. Finish by crayoning JetStream Red, 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, corking between layers.

Structure: A universal structure covered by one pass with the Blue Structurite tool (after 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).

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