

WAX RECOMMENDATION



Cheri Walsh Memorial Eastern Cup

Holderness School, Holderness, NH

Sunday, February 24

10 A.M. U16Boys, 10:30 A.M. U16 Girls,

11 A.M. Women, Noon Men

5K for U16, 10K for Men and Women, Classic

Interval start, 1 loop for 5K, 2 loops for 10K

<http://holderness.org>

Forecast/Conditions: Saturday overnight low of 29 with 1 to 3 inches of snow, changing to rain by morning. Rain all day with temperatures in the mid-30s. Yuck.

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. Finish by spraying an even layer of HelX 2.0 Yellow, let dry and ski. Do not brush or polish.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Klister Green. Then apply Nordic Klister Yellow.

Structure: A wet structure covered by one pass with the Yellow 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 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.

Racing - Service