

WAX RECOMMENDATION



45th Annual Mount Washington Cup

Bretton Woods Nordic Center, Bretton Woods, NH

Saturday, March 2

10 A.M.

Mass start, Skate technique

10K, 1 loop

<http://brettonwoods.com>

Forecast/Conditions: Friday overnight cloudy, low about 8F. Saturday mostly cloudy, a 40 percent chance of snow. The snow temperature at race time will be about 12 on the trails. PistenBully groomed, packed powder.

Glidewax: Apply LF Blue, scrape and brush, then apply HF Blue, scrape and brush. Finish by crayoning JetStream Blue, 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: N/A

Structure: A fine structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions.

Created by Stuart Kremzner, Toko Tech Team member since 2005.

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