

WAX RECOMMENDATION



Frost Mountain Nordic Eastern Cup

Rikert Nordic Center, Ripton, VT

Saturday, February 16

10 A.M. Men, Noon Women, 1:30 P.M. U16 Boys

10K Men, all others 5K, Skate

Interval start

1 or 2 5K loops

<http://rikertnordic.com>

Forecast/Conditions: Snow changing to light rain on Friday, then temperature dropping to 19 overnight. Temperature rising to 25 by race time. Partly cloudy.

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: N/A

Structure: A universal structure covered by one pass with the Red Structurite tool (after JetStream application) will best suit these conditions.

Racing - Service

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.