

# WAX RECOMMENDATION



## Frost Mountain Nordic Eastern Cup

Rikert Nordic Center, Ripton, VT

Sunday, February 17

10 A.M. U16 Girls, 10:30 A.M. U16 Boys, 11:15 A.M. Women,  
12:15 P.M. Men, 1:45 P.M. Citizens

10K Men and Women, all U16 5K, Classic, Mass starts

1 or 2 5K loops

<http://rikertnordic.com>

**Forecast/Conditions:** Saturday night temperature dropping to 7F. Temperature rising to 20 by race time. Partly cloudy.

**Glidewax:** Apply LF Blue, scrape and brush, then apply HF Blue/HF Red mixed 1:1, 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 Klister Green. While Green klister is still warm, apply Nordic Klister Blue and Nordic Klister Red, mixed 1:1. Cool outside. Cork smooth. Cover with two layers of Nordic GripWax Red. Cork smooth.

**Structure:** A fine 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).

Racing - Service