

# WAX RECOMMENDATION **TOKO**<sup>®</sup>

## Roy Varney Eastern Cup Opener

Quarry Road Trails, Waterville, ME

Sunday, December 22

10 A.M. Women, 11:30 A.M. U16 Boys, 12:30 P.M. Men

5K for Women and U16s, 10K Men, Classic

Interval start

Two laps for 5K, four laps for 10K

<https://nensa.net/eastern-cup/eastern-cup-1/>

**Forecast/Conditions:** Overnight low of 12 warming to 32 in the afternoon. Mix of natural and manmade snow. Partly cloudy.

**Glidewax:** Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Red, let sit for 30 minutes, polish with the Polishing Brush Liquid Paraffin.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply alternating layers of Nordic GripWax Red and Base Wax Green, corking between layers. Final layer should be Red.

**Structure:** A universal structure covered by one pass with the Red Structurite tool after scraping and brushing HP Hot Wax or before spraying HP Liquid will best suit these conditions.

Created by name by Rob Bradlee, Toko Tech Team member since 1999. [rob@TokoUS.com](mailto:rob@TokoUS.com)

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 High Performance (Liquid Paraffin or Hot Wax) and substitute the Performance or Base Performance 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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