

# WAX RECOMMENDATION



## Rochester JNQ

Bristol Mtn Nordic Center, Canandaigua, NY

Saturday, February 1

2 P.M.

5K all women, 7.5K all men, Classic

15 second interval start

Multiple laps

<https://www.skireg.com/rxcsf-jnq>

**Forecast/Conditions:** Overnight low 25, temperature at start 30.  
Manmade snow, machine groomed surface, high humidity.

**Glidewax:** Apply P Black Hot Wax, scrape and brush, then apply HP 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 stand for at least one hour in a warm room (overnight is best), then 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 3 layers of Nordic GripWax Red, corking between layers. Testing required.

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

Created by Duncan Douglas, Toko Tech Team member. [douglas6xc@gmail.com](mailto:douglas6xc@gmail.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).

Racing - Service