

WAX RECOMMENDATION



Cheri Walsh Memorial Eastern Cup

Holderness School, Holderness, NH

Sunday, February 16

10 A.M. U16 Boys, 10:30 A.M. U16 Girls, 5K

11 A.M Women, 11:45 A.M. Men, 10K

Classic, Interval start

5K loop

Forecast/Conditions: Overnight low of 9 F rising to 23 by first race start and 30 by last race start. Partly cloudy. Mix of old transformed snow and fresh powder. Snow should remain colder than air temperature.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Blue Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Blue, let sit in a warm room for at least one hour (overnight is best), 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 Blue, corking between layers. Later starters may want to start with 2 layers of GripWax Red covered by one layer of GripWax Blue.

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

Created by Rob Bradlee, Toko Tech Team member since 1999. rob@TokoUS.com

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 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.

Racing - Service