

WAX RECOMMENDATION



Eastern High School Championships

Gore Nordic Center, North Creek, NY

Friday, March 13

3 P.M. Girls, 4 P.M. Boys

5K, Kkate

Interval start

2 loops

<https://nensa.net/eastern-hs-championships/>

Forecast/Conditions: Morning rain with a high of 48. Rain ending before race time with a strong west wind developing and dropping temperatures, but still in the 40s. Icy, old manmade snow.

Glidewax: Apply Performance Black Hot Wax, scrape and brush, then apply High Performance Yellow Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Red Hot Wax, scrape and brush, then spray on HP Liquid Yellow, let sit in a warm room for at least one hour (overnight is best), polish with the Polishing Brush Liquid Paraffin.

Gripwax: N/A

Structure: A wet structure covered by one pass with the Yellow 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