

WAX RECOMMENDATION



Eastern High School Championships

Gore Nordic Center, North Creek, NY

Sunday, March 15

10 A.M.

4 x 3K Mixed Gender, Mixed Technique Relay

Mass start

4 x 1 loop

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

Forecast/Conditions: Overnight low of 21 with temperature rising to 25 for the race start. Partly cloudy with a moderate northwest wind. Icy, old manmade snow.

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 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, apply Nordic Base Klister Green. While Green is still warm, apply a 1:1 mix of Nordic Klister Blue and 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 LP will best suit these conditions.

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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