

Maine NENSA Eastern State Champs

Quarry Road, Waterville, ME Sunday, February 28 10 A.M. and 2 P.M. Girls only! 5K Skate and 1.5K CXC course Interval start

Forecast/Conditions: Overnight low of 36, then warming into the 40s and partly cloudy.

Glidewax: Apply Base Performance Red Hot Wax, scrape and brush. Spray on Base Performance Yellow Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing BP Red Hot Wax, apply BP Yellow Hot Wax, scrape and brush.

Gripwax: N/A

Structure: A wet structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final BP Hot Wax or before spraying BP Liquid will best suit these conditions.

Created by Rob Bradlee, Toko Tech Team member since 1999.

Check the Wax Tips page at TokoUS.com before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.