

# WAX RECOMMENDATION



## Roy Varney Eastern Cup

Quarry Rd Trails, Waterville, ME

Sunday, December 19

10 A.M. Women, 11:30 A.M. U16 Boys, 12:45 P.M. Men

5K Women and Boys, 10K Men, Classic

Interval start

2-5 loops

<http://quarryroad.org>

**Forecast/Conditions:** Saturday night low of 23 with several inches of new snow falling. Temperature holding steady in the 20s with light snow on Sunday.

**Glidewax:** Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red 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 Blue Hot Wax, apply HP Red Hot Wax, scrape and brush.

**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.

**Structure:** A fine or universal 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.

**Racing - Service**

Created by Rob Bradlee, Toko Tech Team member since 1999. [rob@freedomtrailnordic.com](mailto:rob@freedomtrailnordic.com)

Check the [Wax Tips](#) page at [TokoUS.com](http://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 you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at [TokoUS.com](http://TokoUS.com).