

WAX RECOMMENDATION



Roy Varney Memorial Eastern Cup

Quarry Road Nordic Center, Waterville, ME

Sunday, February 5

9:30 A.M. Classic, 2 P.M Skate

5K U16, 7.5K Others Classic, 10K Skate

Mass start

One or two loops

<https://quarryroad.org>

Forecast/Conditions: Overnight low of -1F with a light wind.

Sunday a wind from the southwest and temperatures very slowly rising to a high of 29 in the afternoon. Cloudy.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance LP Blue, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Green Klister, while still warm apply thin layer of Nordic Blue Klister. Cool outside. Cork smooth. Then apply 2 layers of Nordic GripWax Blue, corking between layers. Add a layer of GripWax Red for more kick.

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

Created by Rob Bradlee, Toko Tech Team member since 2000. rob@freedomtrailnordic.com

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 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.

Racing - Service