

Maine U16/EHS Qualifier - New date!

Black Mountain, Rumford, ME Sunday, March 5 10 A.M. 5K Classic, 1:30 P.M. 2.5K Skate pursuit Interval start

Forecast/Conditions: About 9 inches of snow on Saturday. Temperature in the 20s overnight with a low of 24. Warming quickly on Sunday to a high of 39.

Glidewax: For Classic, apply Base Performance Blue Hot Wax, scrape and brush. Then apply High Performance Red Hot Wax, scrape and brush. For Skate, apply BP Red Hot Wax, scrape and brush, then apply HP LP Yellow. For best results in these conditions, spray and go ski, no wait, no brush, no polish. If you do not have LP spray, apply BP Red Hot Wax, scrape and brush, then apply HP Yellow Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-3 layers of Nordic GripWax Red, corking between layers. If more kick is needed, finish with a layer of GripWax Yellow.

Structure: For Classic, a universal structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax will best suit these conditions. For Skate, a universal structure covered with one pass of the Red Structurite tool after scraping and brushing the final hot wax layer or before spraying LP.

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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.

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