

# WAX RECOMMENDATION



## U16 Eastern Championships 5K Classic

Fort Kent Outdoor Center, Fort Kent, ME

Saturday, March 18

9 A.M.

5K, Classic

Interval start

<https://nensa.net/u16-championships/>

**Forecast/Conditions:** Overnight low 31, temperature at start 35. Chance of 1-2 inches new snow throughout morning, cloudy conditions, low wind.

**Glidewax:** Apply High Performance Red Hot Wax, scrape and brush. Spray on High Performance Yellow Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. 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 thin layers of Nordic GripWax Red, corking between layers. Then apply 1-2 thin layers of GripWax Yellow, corking between layers. If icing/clumping results, apply 1 thin cover layer of GripWax Red on top, corking smooth.

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

**Racing - Service**

Created by Ben Lustgarten, Toko Tech Team member since 2020. (benjamin.lustgarten@gmail.com)

Check the [Wax Tips](#) page at [TokoUS.com](https://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](https://TokoUS.com).