

## Cheri Walsh Memorial Eastern Cup

Holderness School, Holderness NH Sunday, February 25 10 A.M. 5K or 15K, Classic Interval start 2 or 5 laps

Forecast/Conditions: Overnight low of 9F warming into the 20s for race times. Sunny with moderate wind.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Blue, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. While still warm, apply Nordic Klister Red, cool outside and cork smooth. Cover with 1-2 thin layers of Nordic GripWax Red, corking smooth between layers.

**Structure:** A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax/Powder will best suit these conditions.

Servic **ICING** 

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.