



Eastern High School Championships Skate

Holderness School, Holderness, NH Friday, March 15

3 P.M.

5K, Skate

Wave start

2 laps

http://nensa.net/eastern-hs-championships

Forecast/Conditions: Rain Friday morning with the temperature in the 30s, then rain ending and temperature rising to above 40 for the afternoon. Mix of new and old manmade snow that will be wet.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Sprinkle on HP Powder Yellow, iron in, let cool, scrape and brush. If you do not have HP Powder, apply BP Red Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush. If you have HP Liquid Paraffin Yellow, spray on just before the race and ski on it wet.

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

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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.