

WAX RECOMMENDATION



ROY VARNEY MEMORIAL EASTERN CUP - CLASSIC

Quarry Road Trails, Waterville, ME – Sunday, Feb 2

9:30 A.M., 10k, Classic

Mass start

<https://nensa.net/eastern-cup-3/>

Forecast/Conditions: Overnight low -5F at 7 A.M., temperature at start 6F. Conditions will be well groomed with most of the trails having some fresh snow overnight, with temperature rising to 20 throughout the day. It will be partly sunny in the morning but mostly cloudy in the afternoon.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Blue, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, 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 Wax Green, cork smooth, let cool. Then apply 2-4 thin layers of Nordic GripWax Blue, corking between layers. For afternoon races, apply 2 thin layers of Nordic GripWax Red after the Blue layers, corking between layers.

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

Created by Ben Lustgarten, Toko Tech Team member since 2020

Racing-Service

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.