

TOKO WAX CLINIC - CRESTED BUTTE NORDIC TEAM

MOST IMPORTANT POINTS

GLIDE WAXING

- * brush your skis hard to clean them - 15-20 strokes - tip to tail
- * drip on wax, iron it in - KEEP THE IRON MOVING all the time, never let it sit on the base
- * the wax should look melted/wet but never smoke - if smoke is coming off the wax, the iron is too hot, turn it down
- * move the iron tip to tail 3-4 times

SCRAPING

- * sharpen your scrapper every 3-4 times you use it (coaches have sharpeners)
- * do the groove first (with a groove tool) - then if the groover tool jumps out of the groove, it won't cut into the base because it is protected by the glide wax
- * scrape smoothly, lightly, evenly so you don't ding your base; thumbs pressing on scraper on each side of the groove; always scrape tip to tail, never back & forth
- * after 3-4 passes down the ski, look to see if there are areas that need more scraping & do them lightly
- * scrape the edges of the ski as well

BRUSHING

- * brush vigorously, initially you can brush back & forth
- * brush until no more wax is coming out of the base
- * brush last 5 passes tip to tail

KICK WAX CLEANING

- * put blue painters tape or masking tape at each end of kick zone (duct tape leaves goop)
- * scrape old kick wax off as much as possible - putty knife if experienced, plastic scraper if not experienced
- * use citrus solvent & fiber tex to clean remaining wax off - don't let the solvent get on the glide zone.
- * A 1 foot long piece of fiber tex will last weeks, ask coaches for a piece (or use a clean cloth)
- * wipe remaining wax/solvent off ski

KICK WAX APPLICATION

- * ask coaches to help you mark the sides of your skis with your kick zone
- * ask coaches to help you gently/lightly sand the kick zone
- * PULL the kick wax tube lightly from tip to tail so it goes on thin and smooth (rubbing the wax back & forth usually results in clumps)
- * cork vigorously - back & forth, pressing down hard; finish with 2 strokes tip to tail
- * apply 2 more layers + corking after each
- * if your skis are soft, you may use only 2-3 layers; if your skis are stiff for you, you may need 4-5 layers
- * if your skis slip on uphill, adjust your technique to be higher and more forward
- * if your skis still slip, put another layer of kick wax 4" long, right under your toe
- * if your skis still slip, put a layer of WARMER kick wax 4" long, right under your toe

"If you train hard and love skiing, wax your skis frequently for speed - you deserve it!"
"Every time you glide wax your skis, they get faster."