



SKI WAX
SKI POLES

Waxing Tips courtesy SNOWGUM WODONGA

For Saturday 25 th August 2007.

WEATHER FORECAST. Please see race Office Weather forecast sheet and local news for the most accurate weather forecast

AIR TEMPERATURE: Expected Min Temp -2 deg Max Temp +8 deg ??

WEATHER Fine . Over cast

NOTE: With the possibility of thawing snow conditions, well structured (rilled) skis and some form of Fluorinated wax are highly recommended.

SKATING and GLIDE ZONES.

1. Thoroughly clean bases with wax remover or preferably using the Hot Wax cleaning method using SWIX CH 10 or BP 88
2. Structure ski base with 1.0 – 2.0mm SWIX Super Riller . or RED CREEK Chevron Riller

A ELITE RACERS

– requiring very fast skis and top performance.

1. Antistatic base layer SWIX LF Graphite Warm or MB77 Moly Fluoro re conditioning wax
2. Sub wax layer –high to very high fluoro hot wax SWIX HF 8 & HF 10 (1:1) For dirty thawing snow SWIX HFBD 8 & HFBD 10 (1:1) Scraped lightly and thoroughly brushed. SWIX T 162B or T 181B Med Bronze Brushes
3. Top layer 100% Fluoro Carbon SWIX FC 8 or SWIX FC 10 Set wax with an Iron and polish with designated cork and Fiberlene, horse hair brush T 157. Apply a 2nd Layer 100 % fluoro using SWIX FC 1s or FC 2s Solid Turbo, or apply a thin layer of CERA F 10L (liquid .allow to dry) cork vigorously, polish with felt pad and finish with a soft H/H Brush or SWIX Blue Nylon T 160 Cera F brush.

Note: Re Structure if necessary before applying 2nd layer of 100% fluoro wax.

B COMPETITIVE CLUB RACERS: - Requiring fast skis with a waxing budget.

1. Antistatic base layer as above.
2. Sub wax layer SWIX LF 8 & LF 10 (1:1).
3. Top layer Very High Fluoro STAR MP 10 “crayon” on 1st. layer and iron at low temp. 50 -60 deg. Stiff horsehair brush. “Crayon “ on second layer, cork,

polish and soft H/Hair brush. For dirty old snow STAR MP 30 is recommended for final layer.

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C RECREATIONAL SKIERS: - *who* are more interested in the excitement and atmosphere of a World Loppet event rather than times and places.

1. Sub wax layer of Hydro Carbon wax. SWIX CH 8/ CH 10
2. Optional Top layer -depending upon length of race -7 km – 42 km.? “Crayon” on one layer of either STAR MP 10, cork and polish. Or SWIX F4 Solid, Liquid or paste wax, allow to dry and polish. For greater durability apply more than one layer.

D NO FUSS, FUN SKIERS: - the social outdoor experience is of prime importance, yet wishing to expend less energy to complete the course.

NOTE No Ironing, scraping or various brushes required.

1. Rub on one or more layers of the SWIX Fluorinated F4 waxes, Solid, Paste or Liquid. After application and drying, polish with a soft cloth. Carry the F4 wax in your pocket or “Bum bag”. If your skis appear to slow during the race, stop at a food station and apply another layer.

CLASSIC SKIERS - GRIP WAX.

1. Glide zones as for Cat, A - D above
2. Re check the grip wax pocket if necessary using the paper test. It is recommended that you do not apply grip wax beyond the base area directly below your instep.
3. Clean the grip zone with SWIX wax remover and lightly sand with 80 – 100 grade SWIX sand paper.
4. After the base has dried, for greater durability apply a base layer of either SWIX Green Klister or RODE Base CHOLA. This is essential if skiing the Birkebeiner or Hoppet.
5. GRIP wax.
Option a) One layer of SWIX New Vario Red Klister KR 60 (+5 – 0 deg) covered with a thin 2 nd layer of SWIX Universal Klister K22 N(+10- -3 deg).

Option b) One or two thin layers of RODE Red Klister (+4 - -2 deg) covered with a thin layer of RODE Multi Grade Klister (+6 - -6 C.)

SKIERS USING PATTERNED BASE SKIS:

1. Glide Zones as For Cat. A – D above
2. Patterned sections, thoroughly clean and remove all burrs and fine hairs of base material using SWIX Fibertex.
3. Apply one or two layers of SWIX F4 Fluorinated Paste or Liquid wax. Let dry for 3-5 min and polish with a soft cloth.

NOTE. *SWIX F4 Liquid and paste waxes are ideal to apply to all top surfaces and sidewalls of all skis to prevent accumulation of snow and assists in gliding when edging your skis.*

**SWIX, STAR and RODE wish all competitors an enjoyable
race, FAST GLIDING SKIS and Good grip.**