



WAX RECOMMENDATION

EVENT: Cross Country Ski Headquarters Relay
Higgins Lake, Michigan, Saturday, March 15th

Forecast: Friday night low 20F. Overnight snow anticipated. Saturday temps rising to 31F. Race time temp anticipated around 25F.

Base Prep: Clean skis with SWIX CH10, BP88 or BP99 - scrape and brush using SWIX Course Bronze Brush(T0158) or SWIX Fine Steel Brush (T0192). Apply a layer of NEW SWIX MB77 Molly Base Prep. Scrape and brush. Clean kick zone of classic skis with Swix base cleaner and Fiberlene, sand kick zone with 100grit sandpaper

Structure: Use the SWIX T401 Super Riller and apply a .5 linear rill. Apply structure after waxing and brushing. Brush again: SWIX Blue Nylon Brush (T160).

GLIDE WAX - FAST

Base Race Wax: Apply CH7, scrape and brush using SWIX Medium Bronze Brush (T1620) or SWIX Fine Steel Brush (T0192). Polish using SWIX Blue Nylon Brush (T160).

GLIDE WAX - FASTER

Race Wax: Apply LF7 scrape and brush using SWIX Medium Bronze Brush (T1620) or SWIX Fine Steel Brush (T0192). Polish using SWIX Blue Nylon Brush (T160).

GLIDE WAX - WICKED FAST

Base Race Wax: Apply HF8, scrape and brush using SWIX Medium Bronze Brush (T1620) or SWIX Fine Steel Brush (T0192). Polish using SWIX Blue Nylon Brush (T160).

Race Wax: Race Wax: Apply FC7 Powder. FC7 is ironed twice during application. Ironed, brushed back to powder form, and ironed again. Brush up using SWIX Stiff Black Nylon Brush (T0194) or NEW SWIX Wild Boar (T0164) after 1st ironing. After 2nd ironing, brush out with using SWIX Stiff Black Nylon Brush (T0194) or NEW SWIX Wild Boar (T0164). Final brush with SWIX Blue Nylon Brush (T0160).

Or

Race Wax: Apply FC1 Solid with Iron for durability and brush out using Horsehair then Fine Nylon brushes.

* FC1 Solid could be hand-corked in and brushed out with Fine Nylon Brush

KICK WAX

Base Kick Wax: Apply a thin layer of VG35 Base Wax (iron in or use heat gun) & cork smooth. This layer will add durability and act as a cushion.

Race Wax: Apply several layers of VR45 or V40 (Blue Extra) and cork in each layer. Cover with short layer of VR50 or V45 if extra grip needed and cork smooth.

For detailed application instructions check out the
Swix School of Waxing at

SWIX® racing.us