



RexpertTM
RACING SERVICE

**WAXING RECOMMENDATIONS
FOR SKI MARATHONS**



17

CONTAINS 17
TESTED WAXING
RECOMMENDATIONS
FOR ALL SKIING
CONDITIONS.



Rexpert™
RACING SERVICE

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Before you start the waxing for the day

Ennen kelivoitelua sukset kunnostetaan peruskuntoon, josta jatketaan eteenpäin valitulla kelivoitelulla.

Wax pocket for grip wax

The length of the wax pocket of for the grip wax depend on the weight of the skier, but it is normally from heel towards tip about 50- 65 cm depending of ski length. First remove the old waxes with remover, then make the wax pocket rough with # 100-120 sand paper so that the surface becomes matt. Wrap the sand paper round a wax cork to get an even result. Wipe dust away before base grip waxing. Then go on first with glide waxing.

Glide waxing

First, prepare the skis with a base wax that is appropriate for the weather conditions.

1. Start with Base paraffin # 491
2. Wax once or several times with Rex Racing Blue #423
3. Wax a hard "base" with either medium fluor Racing Fluor Graphite # 406 (for powder snow) or Pink Transformé #405 (artificial, icy or spring conditions)

It is recommended that this be done the day before the race in order to save time on race day for the final race waxing. For more Information on ski preparation, see www.rex.fi.

When you are ready with glide waxing, limit the both ends of the wax pocket with masking tape to protect the glide wax zone and go on with grip waxing.

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About fluor top coatings for marathons

Pure Fluor

IF YOU WANT MAXIMIZE THE GLIDING PROPERTIES, REX RECOMMENDS FOR MARATHON RACERS ONLY "EASY" FLUOR TOP COATINGS, IT IS SO CALLED BLOCKS AND GELS. WWW.REX.FI



New snow

1. AIR TEMPERATURE +4°...+1°C

• **GLIDE WAX**

423 Racing Blue -1...-10°C
401 RCF Red +10...-5°C
415 Olympico Red +2...-2°C

*If you want to go on with fluorine top coatings, then #473 Nagano Block fixed with hand cork.

• **GRIP WAX**

205 Klister Purple 0...-7°C (thin layer)
240 Klister Universal +10...-30°C
210 Klister Red +10°C...0°C, part or the whole grip zone when needed

2. AIR TEMPERATURE +1...-1°C

• **GLIDE WAX**

423 Racing Blue -1...+10°C
416 Olympico Purple 0...-4°C
415 Olympico Red +2...-2°C

*If you want to go on with fluorine top coatings, then #473 Nagano Block fixed with hand cork.

• **GRIP WAX**

205 Purple Klister 0...-7°C thin layer
81 Green PowerGrip -10...-20°C
30 Red Proline Fluor grip wax
* If you want to minimize the freezing risk, then coat grip wax with 470 Hydrex Gel.

3. AIR TEMPERATURE 0°...-3°C

• **GLIDE WAX**

406 Graphite RCF -7...-25°C
416 Olympico Purple 0...-4°C
415 Olympico Red +2...-2°C

*If you want to go on with fluorine top coatings, then #480 TK-244

• **GRIP WAX**

81 Green PowerGrip -10...-20°C
30 Red Proline Fluor grip wax +1...-1°C
25 Purple Proline Fluor grip wax -1...-3°C

4. AIR TEMPERATURE -3...-6°C

• **GLIDE WAX**

406 Graphite RCF -7...-25°C
416 Olympico Purple 0...-4°C
413 Olympico Blue Graphite -2...-10°C

*If you want to go on with fluorine top coatings, then #480 TK-244 Block fixed with cork + SLC Gel fixed with cork, brushing

• **GRIP WAX**

81 PowerGrip Green -10...-20°C (thin layer)
25 Purple Proline Fluor grip wax -1...-3°C
15 Blue Proline Fluor grip wax -2...-6°C

5. AIR TEMPERATURE -6...-12°C

• **GLIDE WAX**

406 RCF Graphite -7...-25°C
402 RCF Blue -2...-10°C
418 Olympico Green -8...-15°C

*If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork + SLC Gel fixed with cork, brushing

• **GRIP WAX**

81 Green PowerGrip -10...-20°C
15 Blue Proline Fluor grip wax -2...-6°C
10 Green Proline Fluor grip wax -5...-10°C

6. AIR TEMPERATURE -10...-20°C

• **GLIDE WAX**

433 Racing Graphite -10...-25°C
424 Racing Green -10...-25°C
406 RCF Graphite -7...-25°C

* If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork + SLC Gel fixed with cork, brushing

• **GRIP WAX**

81 Green PowerGrip -10...-20°C
10 Green Proline Fluor grip wax -5...-10°C
105 Light Green Grip wax -8...-15°C

Old snow and artificial snow

11. AIR TEMPERATURE +4°...+1°C

• **GLIDE WAX**

405 RCF Pink +10...-5°C
407 RCF Purple +3...-5°C
414 Olympico Yellow +10...0°C

*If you want to go on with fluorine top coatings, then 483 TK-72 and 474 Ruka Gel

• **GRIP WAX**

205 Klister Purple 0...-7°C (thin layer)
240 Klister Universal +10...-30°C
222 Klister OU +10°C...0°C

12. AIR TEMPERATURE +1...-1°C

• **GLIDE WAX**

423 Racing Blue -1...+10°C
407 RCF Purple +3...-5°C
415 Olympico Red +2...-2°C

*If you want to go on with fluorine top coatings, then 480 TK-244 Block + 470 Hydrex Gel

• **GRIP WAX**

205 Purple Klister 0...-7°C thin layer
240 Klister Universal +10...-30°C
30 Red Proline Fluor grip wax +1...-1°C

13. AIR TEMPERATURE 0°...-3°C

• **GLIDE WAX**

423 Racing Blue -1...+10°C
425 Racing Purple 0...-5°C
415 Olympico Red +2...-2°C

*If you want to go on with fluorine top coatings, then 480 TK-244 Block + 470 Hydrex Gel

• **GRIP WAX**

240 Universal Klister, thin layer
81 Green PowerGrip -10...-20°C
30 Red Proline Fluor grip wax +1...-1°C
122 Purple fluor grip wax -1...-3°C

14. AIR TEMPERATURE -3...-6°C

• **GLIDE WAX**

406 Graphite RCF -7...-25°C
423 Racing Blue -1...+10°C
416 Olympico Purple 0...-4°C

*If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork + Ruka Gel fixed with cork, brushing

• **GRIP WAX**

190 Base wax
120 Light blue special Grip wax -1...-3°C
115 Blue Grip wax -2...-8°C

15. AIR TEMPERATURE -6...-12°C

• **GLIDE WAX**

406 RCF Graphite -7...-25°C
402 RCF Blue -2...-10°C
417 Olympico Blue -4...-10°C

*If you want to go on with fluorine top coatings, then 474 Ruka-Gel fixed with cork + 483 TK-72 Block fixed with cork, brushing

• **GRIP WAX**

81 Green PowerGrip -10...-20°C
115 Blue Grip wax -2...-8°C
105 Light Green Grip wax -8...-15°C

16. AIR TEMPERATURE -10...-20°C

• **GLIDE WAX**

424 Racing Green -10...-25°C
406 RCF Graphite -7...-25°C (higher humidity),
404 RCF white (low humidity), 419 Olympico Molybdène (artificial snow)

* If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork

• **GRIP WAX**

190 Base wax
110 Green Grip wax -5...-10°C
105 Light Green Grip wax -8...-15°C

Icy and coarse conditions

21. AIR TEMPERATURE +1...-1°C

• GLIDE WAX

405 Pink RCF Transformè

*If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork + 471 Sapporo Gel

• GRIP WAX

205 Purple Klister

240 Universal Klister

225 Klister OV

22. AIR TEMPERATURE -1...-4°C

• GLIDE WAX

424 Racing green

406 Graphite RCF

405 Pink RCF Transformè

*If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork + 471 Sapporo Gel

• GRIP WAX

200 Blue Klister thin layer

205 Purple Klister

81 PowerGrip green

240 Klister Universal

23. AIR TEMPERATURE -4...-10°C

• GLIDE WAX

406 Graphite RCF

405 Pink RCF Transformè

* If you want to go on with fluorine top coatings, then 483 TK-72 Block fixed with cork + 471 Sapporo Gel

• GRIP WAX

200 Blue Klister

205 Purple Klister

24. AIR TEMPERATURE -10...-20°C

• GLIDE WAX

433 Graphite Racing

405 Pink RCF Transformè

404 White RCF

• GRIP WAX

200 Blue Klister

Ski tunnel (artificial snow)

30. AIR TEMPERATURE 0...-4°C

• GLIDE WAX

405 Pink RCF Transformè 2 - 5 times

*If you want to go on with fluorine top coatings then 470 Hydrex Gel

• GRIP WAX

205 Purple Klister

81 Green PowerGrip

30 Red Proline Fluor grip wax +1...-1°C

Alternatively:

41 PowerGrip Purple

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