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Rex

WAXING RECOMMENDATIONS
FOR MARATHON SKIERS



RexpertTM
RACING SERVICE

  
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Before you begin

Start your race day preparation off right by cleaning your ski, then applying a base wax to ensure good durability.

Basic Waxing Guidelines

For new and recently stone ground skis:

1. Apply Rex Base Oil (#492) and let it soak in. Wipe off the excess with a clean cloth after 10 minutes.
2. Wax with Rex Base Paraffin (#491). Apply several coats until the skis appear "oily" or shiny.
3. Wax several layers Rex Glider Blue (#423) or Rex LF Blue (#452) for proper adhesion of race day waxes.

For old skis:

1. Scrape away old wax and brush carefully with a stiff nylon brush.
2. Wax several layers Rex Glider Blue (#423). Scrape and brush carefully between coats until the surface appears "oily" or shiny.

For icy and coarse conditions Rex recommends a hard intermediate layer. RCF Graphite (#406) or LF Black (#459) for cold conditions, and RCF Pink (#405) for warmer, icy and coarse conditions. Correspondingly HF Yellow (#414) and HF Black (#419) can be used above 0c.

We recommend that the initial preparation of the skis take place a day or so before the race. This will allow the wax technician more time to focus on the race day preparations. Following is more detailed information on race day waxing by temperature range.

The following recommendations assume that the base preparation is already complete.



Rex waxing videos: www.youtube.com/rexskiwx



Fluorine Coatings in Racing



Rex Fluor Powders

Fluor powders provide the best durability. However, their application requires experience, accuracy in the method of applying the powder, accurate temperature of the waxing iron, and consistency in waxing conditions to assure consistent results.

REX'S FLUOR POWDERS INCLUDE:

- TK-50 (+5...0°C / 41...32°F)
- TK-245(+5...-5°C / 41...23°F)
- TK-29 (-2...-8°C / 28...18°F)
- TK-820 (-8...-20°C / 18...-4°F)



Rex Fluor Blocks

Fluor blocks are easy to apply. They are rubbed on the ski base and usually polished in with a natural or roto-cork, but can also be ironed in when extra durability is required.

REX'S FLUOR BLOCKS INCLUDE:

- TK-244 (+5...-5°C / 41...23°F)
- TK-72 (+0...-20°C / 32...-4°F)
- NAGANO (+10...-3°C / 27...5°F)



Rex Fluor Gels

Gel coatings are easy to use and reliable. A waxing iron is not required. Gels can be used alone or as a coating for another fluor product to further enhance glide. Gels are especially useful for sprint races, or races where the snow is fresh. One layer will last 10 to 15 km depending on the conditions.

REX FLUOR GELS INCLUDE:

- SAPPORO (+3...-15°C / 27...5°F, , COARSE AND GRANULATED SNOW)
- RUKA (+5...-20°C / 41...-4 °F, MAN-MADE SNOW)
- HYDREX (+10...-20°C / 50...14 °F, OLD AND NEW SNOW, COATING FOR GRIP WAXES AND KLISTERS)
- OSLO (-5...-15°C / 23...5 °F, NEW/OLD TRANSITIONAL SNOW CONDITIONS)



Using Rex fluorine coatings: www.youtube.com/rexskiwax



Waxing Recommendations

Waxing guidelines are based on five specific factors: Temperature, humidity, and the three types of snow new/fresh, old/corn/man-made, and icy/coarse. Snow types can be difficult to assess. New snow is generally snow that is falling or less than 48 hours old. New snow becomes old snow as the sharp snow crystals become rounded over time. Machine-made snow is almost without exception, old, or close to the old snow. Hard frost or sleet on the other hand is comparable to the new snow just as it is just starting to bind its crystalline structure, there-by becoming icy/coarse.

+5...+1°C

41...34°F

New snow

• GLIDE

406 RCF Graphite
415 HF Red
480 TK-244 Block
Rain/sleet: 473 Nagano -Fluor Block

• GRIP

205 Klister Purple
222 Klister Yellow "OU"
470 Hydrex Gel

Old snow

• GLIDE

406 RCF Graphite
415 HF Red
480 TK-244 Block

• GRIP

205 Klister Purple
225 Klister Brown "OV"
470 Hydrex Gel

Icy / coarse snow

• GLIDE

405 RCF Pink
414 HF Yellow
480 TK-244 Block

• GRIP

205 Klister Purple
240 Klister Universal
225 Klister Brown "OV"

+1...-1°C

34...30°F

New snow

• GLIDE

406 RCF Graphite
415 HF Red
480 TK-244 Block

• GRIP

190 Base Wax
30 ProGrip Red

Old snow

• GLIDE

406 RCF Graphite
415 HF Red
480 TK-244 Block

• GRIP

190 Base Wax
30 ProGrip Red

Icy / coarse snow

• GLIDE

405 RCF Pink
414 HF Yellow
480 TK-244 Block

• GRIP

205 Klister Purple
240 Klister Universal

If the snow is humid/wet:

205 Klister Purple
240 Klister Universal
30 ProGrip Red

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-1...-4°C

30...25°F

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New snow

• **GLIDE**

406 RCF Graphite
416 HF Purple
480 TK-244 Block

• **GRIP**

190 Base Wax
25 ProGrip Purple

Old snow

• **GLIDE**

406 RCF Graphite
416 HF Purple
483 TK-72 Block

• **GRIP**

190 Base Wax
122 Purple Special or 120 Blue Special

Icy / coarse snow

• **GLIDE**

406 RCF Pink
416 HF Purple
483 TK-72 Block

• **GRIP**

205 Klister Purple
if needed, coat with
25 ProGrip Purple

-4...-8°C

25...18°F

New snow

• **GLIDE**

406 RCF Graphite
413 HF Blue Graphite
483 TK-72 Block

• **GRIP**

190 Base Wax
15 Pro Grip Blue

Old snow

• **GLIDE**

406 RCF Graphite
417 HF Blue
483 TK-72 Block

• **GRIP**

190 Base Wax
120 Blue Special
115 Blue

Icy / coarse snow

• **GLIDE**

406 RCF Graphite
417 HF Blue
483 TK-72 Block

• **GRIP**

200 Klister Blue
205 Klister Purple
if needed, coat with
15 ProGrip Blue

-8...-20°C

18...-4°F

New snow

• **GLIDE**

406 RCF Graphite
418 HF Green
483 TK-72 Block

• **GRIP**

190 Base Wax
10 ProGrip Green

Old snow

• **GLIDE**

406 Graphite
418 HF Green
483 TK-72 Block

• **GRIP**

190 Base Wax
105 Light Green

Icy / coarse snow

• **GLIDE**

406 RCF Graphite
419 HF Molybdene
483 TK-72 Block

• **GRIP**

200 Klister Blue
If needed, coat with:
10 ProGrip Green

