











# Before you begin

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

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# **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.



**FINNISH BIATHLON** 

# 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.



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/rexskiwax



# Fluorine Coatings in Racing

# Pure Fluor

# **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-125 (+5...-3°C / 41...27°F)
- 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)









# 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°(

41...34°F

# **New snow**

# Old snow

# Icy / coarse snow

### GLIDE

415 HF Red 481 TK-245 fluor powder Rain/sleet: 473 Nagano fluor block

### GRIP

205 Klister Purple 210 Red Special 470 Hydrex Fluor Gel

# • GLIDE

415 HF Red 485 TK-50 fluor powder

### GRIP

205 Klister Purple 225 Klister Brown OV 470 Hydrex

### GLIDE

414 HF Yellow 485 TK-50 fluor powder

### GRIP

205 Klister Purple 216 Klister Gold 225 Klister Brown

+1...-1°(

34...30°F

# **New snow**

# Old snow

# Icy / coarse snow

### GLIDE

415 HF Red 481 TK-245

# • GRIP

190 Base Wax 30 ProGrip Red

If the snow is humid/wet: 205 Klister Purple 240 Klister Universal 30 ProGrip Red

# • GLIDE

415 HF Red 485 TK-50 fluor powder

# • GRIP

190 Base Wax 30 ProGrip Red

# • GLIDE

414 HF Yellow 485 TK-50 fluor powder

# GRIP

205 Klister Purple 240 Klister Universal or 216 Klister Gold



WAXING RECOMMENDATIONS FOR ELITE RACING

# **New snow**

# **Old snow**

# Icy / coarse snow

### GLIDE

416 HF Purple 481 TK-245 fluor powder

190 Base Wax 25 ProGrip Purple

### GLIDE

459 LF Black 416 HF Purple 481 TK-245 fluor powder

# GRIP

190 Base Wax 122 Purple Special or 120 Blue Special

### GLIDE

459 LF Black 416 HF Purple 487 TK-29 fluor powder

# GRIP

205 Klister Purple If needed, coating with: 25 ProGrip Purple

# **New snow**

# **Old snow**

# Icy / coarse snow

### • GLIDE

459 LF Black 413 HF Blue Graphite 487 TK-29 fluor powder

# GRIP

190 Base Wax 15 Pro Grip Blue

**New snow** 

# GLIDE

459 LF Black 417 HF Blue 487 TK-29 fluor powder

190 Base Wax 120 Blue Special 115 Blue

# GLIDE

459 LF Black 417 HF Blue 487 TK-29 fluor powder

# GRIP

# GRIP

200 Klister Blue 205 Klister Purple If needed, coating with: 15 ProGrip Blue

# **Old** snow

# Icy / coarse snow

# GLIDE

459 LF Black 418 HF Green 489 TK-820 fluor powder

# GRIP

190 Base Wax 10 ProGrip Green

# GLIDE

406 Graphite 418 HF Green 489 TK-820 fluor powder

# GRIP

190 Base Wax 105 Light Green

# GLIDE

459 LF Black 419 HF Molybdene 489 TK-820 fluor powder

# GRIP

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

