



**WAXING RECOMMENDATIONS  
FOR MARATHON SKIERS**



**Rexpert**<sup>TM</sup>  
RACING SERVICE

## WAXING RECOMMENDATIONS FOR MARATHON SKIERS

# 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](http://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-28 (-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 KLISTER)
- OSLO (-5...-15°C / 23...5 °F, NEW/OLD TRANSITIONAL SNOW CONDITIONS)



Using Rex fluorine coatings: [www.youtube.com/rexskiwax](http://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

## Old snow

## Icy / coarse snow

### • GLIDE

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

### • GLIDE

406 RCF Graphite  
415 HF Red  
480 TK-244 Block

### • GLIDE

405 RCF Pink  
414 HF Yellow  
480 TK-244 Block

### • GRIP

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

### • GRIP

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

### • GRIP

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

+1...-1°C

34...30°F

## New snow

## Old snow

## Icy / coarse snow

### • GLIDE

406 RCF Graphite  
415 HF Red  
480 TK-244 Block

### • GLIDE

406 RCF Graphite  
415 HF Red  
480 TK-244 Block

### • GLIDE

405 RCF Pink  
414 HF Yellow  
480 TK-244 Block

### • GRIP

190 Base Wax  
30 ProGrip Red

### • GRIP

190 Base Wax  
30 ProGrip Red

### • 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**

**Old snow**

**Icy / coarse snow**

• **GLIDE**

406 RCF Graphite  
416 HF Purple  
480 TK-244 Block

• **GLIDE**

406 RCF Graphite  
416 HF Purple  
483 TK-72 Block

• **GLIDE**

406 RCF Pink  
416 HF Purple  
483 TK-72 Block

• **GRIP**

190 Base Wax  
25 ProGrip Purple

• **GRIP**

190 Base Wax  
122 Purple Special or 120 Blue Special

• **GRIP**

205 Klister Purple  
if needed, coat with  
25 ProGrip Purple

-4...-8°C

25...18°F

**New snow**

**Old snow**

**Icy / coarse snow**

• **GLIDE**

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

• **GLIDE**

406 RCF Graphite  
417 HF Blue  
483 TK-72 Block

• **GLIDE**

406 RCF Graphite  
417 HF Blue  
483 TK-72 Block

• **GRIP**

190 Base Wax  
15 Pro Grip Blue

• **GRIP**

190 Base Wax  
120 Blue Special  
115 Blue

• **GRIP**

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

-8...-20°C

18...-4°F

**New snow**

**Old snow**

**Icy / coarse snow**

• **GLIDE**

406 RCF Graphite  
418 HF Green  
483 TK-72 Block

• **GLIDE**

406 Graphite  
418 HF Green  
483 TK-72 Block

• **GLIDE**

406 RCF Graphite  
419 HF Molybdene  
483 TK-72 Block

• **GRIP**

190 Base Wax  
10 ProGrip Green

• **GRIP**

190 Base Wax  
105 Light Green

• **GRIP**

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

