



# CLUB SPORTS ALASKA

## Family Cross Country Skiing

### WAXING GUIDE!

Caring for skis is something that should be taken seriously to maintain the longevity of your equipment and to increase user enjoyment. This guide will cover both kick and glide waxing.

#### KICK (GRIP) WAXING

Each family needs to own a basic wax kit including the following items (or another brand's equivalent). There are waxes that are outside the range of the ones below, but for our purposes, these waxes should suffice for most conditions.

Note the synthetic cork, don't buy a natural cork. You can buy the wax as a kit (pictured below) or as individual pieces at most ski/outdoors shops in town. If you have a few skiers in your family, purchasing extra corks will expedite the waxing process.



## HOW TO WAX:

This great video shows the basics of kick waxing. All of this can be done without a bench, you'll just need to hold your ski at an angle as shown early in the video. We'll have a wax tutorial the first day for those new and provide a waxing chart to help you choose kick wax of the day.

<https://www.youtube.com/watch?v=TmqycGpeLh0>

**HOW MUCH WAX DO I PUT ON?** Skis are designed to hold 4-5 layers of grip wax in order to perform well. To make sure your child has the best experience ensure they have enough layers. See below for more details.

**WHAT WAX SHOULD I USE FOR TODAY?** Choose the wax whose printed temperature range best matches the expected temperature when you will ski.

## TIPS FOR WAXING:

- You should always have a total of 4-5 layers of wax on your ski. Warmer waxes typically require less layers as they go on thicker, colder waxes go on thinner so you'll need more. Always inspect the ski before skiing and **add** a few fresh layers (2-3) **each time you ski**. The goal is to have 4-5 layers total, so if you have leftover wax, you'll typically need to add 2-3 fresh layers, sometimes more if it all wore off.
- Scrape off all your kickwax every few times you ski, and start with new wax. You don't necessarily have to use wax remover, but getting most of the wax off will help ensure you always have a smooth wax job. Smooth wax=faster skis.
- If your child has combi skis and we plan to skate for practice, you'll need to use a scraper *and* wax remover to take every last bit of the sticky wax off.
- Gentle and light does the trick when applying wax. For warmer waxes, put them outside prior to waxing, and wax outside to keep the wax colder, harder and easier to work with.

## GLIDE WAXING

Don't forget about glide waxing! This makes the smooth part of skis fast! Glide zones are the tips and tails of classic skis and the entire length of skate skis. If your child has combi skis, ALWAYS be sure to clean every last bit of sticky kick wax off the ski before you glide wax it was skate skiing (if in doubt, just glide wax the tips/tails to be safe). Even a tiny bit of sticky residue left will ruin the glide wax for future application.

**RULE #1 – NEVER EVER mix kick(sticky) wax products and tools with glide products and tools! You need dedicated tools for each.**

There are many options, but this is one of the easiest. It is good for trail skiing and will last you at least the winter.

- 1) Rub it on the GLIDE ZONES ONLY (Do NOT touch the kick wax, EVER!!!)
- 2) Let dry
- 3) Go ski!

You should do this every few times you ski, or when you ski bases begin to look grey instead of black.

