

A Waxing Primer for Jackrabbits

These are the basics to waxing for recreational classic skiing in Yellowknife, particularly for youngsters. As you become more skilled in the classic style (eg., move into high performance), waxing techniques are geared to maximizing performance of snow contact with the skis.

Skate skiing does not use grip wax at all, only glide wax. When youngsters start learning the skating technique, instructors will talk about preparing skis for skate skiing.

Kinds of Wax

- Slippery (“glide”) – makes the skis glide over the snow (on tips and tails of the ski)
- Sticky (“grip or kick”) – helps grip the snow to move forward (under the bindings/foot area)

Wax For Yellowknife Conditions

- Typical ski season has temperatures below -10c but sometimes a little warmer
- For grip wax:
 - “Green Special” wax (-10c to -30c) will meet most snow conditions
 - Get 1-2 other waxes that cover the 0c to -10c conditions
- For glide wax:
 - Get assistance from someone who knows how to do this
- NO Klister – we don’t need it here!

Basic Wax Kit

- Grip wax
- Cork – smoothing on grip wax
- Scraper – taking off old wax

How to Wax

- Grip wax should be cold before applying – don’t want lumps on skis
- Apply 3-4 thin layers in the kick zone, smoothing with the cork in between each layer
- For youngsters, more grip wax is always better – they won’t get frustrated from sliding back when they try to push forward
- Even “waxless” skis need grip wax!

When You Go ...

- Check the temperature before you ski – select the right grip wax to use
- Apply wax – before class!
- Carry along extra grip wax and cork when you ski
- Wipe snow off skis when you are finished skiing – snow left on the skis can lead to delamination of the base

**Any questions? Feel free to ask your instructor, a member of the high performance team or someone who knows about waxing.
Happy Skiing!**