

Waxing Skis: A guide for those who would rather ski than wax

The waxing of skis is something that is often looked upon with a religious like fervor. In this article I will talk about my spin on waxing. This is not going to be suitable for the racing guys that want to get skis that are 2% faster after hours of extra work.

1) From my point of view the most important thing that wax does for you is to stop ice from sticking to the ski. Ice or snow clumps can really ruin the glide. Ice can stick in either the glide or the grip zones.

2) All skis need wax. The smooth front and back areas need wax to prevent ice from sticking, to toughen up the base (the plastic base is porous so absorbed wax makes it denser), and to prevent oxidation (especially over the summer!).

3) The mid area needs wax for the fishscale type to prevent icing or grip wax to allow kicking.

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Quote of the month:

"Skiing is free...it's the lifts that cost money"

Join the Yahoo Group "ROCHESTERXC" for up to the minute **snow reports** from fellow skiers.

See page 5.



Nordic Ski Club Meeting (Visitors are welcome!) Thursday, Feb 5, 2009 , 7pm

Meeting Topic:

A trip to Garnet Hill Lodge and Lapland Lake XC Ski Centers

-review , photos, and comments of snow, trails, food, lodging, and more.
-one of these destinations has much better trails than the other- come to the meeting- all will be revealed!

-this is my presentation, so if you like my newsletters, you will like this talk! Gr

-Food! Chocolate "Winterfestival"!

Bring a chocolate-based dish to pass if you can.

As usual at these meetings, snacking, ski tales, (tall and standard) equipment chitchat, and assorted camaraderie will also occur.

Meeting Location:

Carmen Clark Lodge, Brighton Town Park
Haudenosaunee Trail (the name of the road)
(~1/4 mile West of Clinton Avenue off of
Westfall Road south side)
(A smoke-free, alcohol-free environment)



Rochester Cross Country Ski Foundation News

The RXCSF Race Series is now completed. Results are on the RXCSF website. Thanks to all participants and we invite all skiers including non-racers to participate next year...just like non-competitive participants make up significant percentages of local running and Triathlon races.

Results for the most recent WNY Biathlon can be found here:

<http://www.westernnybiathlon.com/page/Results>

Reminder: check the Trails Condition page before venturing out to assure best available conditions.

<http://xcrochester.com/new/conditions.htm#>

If you like the improved grooming at Mendon Ponds Park or Harriet Hollister Spencer this year, drop us a note so we can forward to Monroe County Parks and NYS Parks to help us do more in the future.

info@xcrochester.com or on the website at:
<http://xcrochester.com/new/contact.asp#feedback>

It's not too late to donate this year...or donate again. With the continued good winter conditions, it is anticipated that grooming expenses will exceed original estimates, plus we hope to be able to add more services for next year and will need to start 2009/10 in good financial condition.

Upcoming events include the NYS Public HS Champs in Feb and the RXCSF Youth Ski Festival at the end of Feb. Please come out to be a spectator and cheer. Anyone interested in volunteering at the Youth Festival please also contact Coach Bob. (bobski50k@aol.com)

Support the Foundation and its efforts to have more and better groomed trails!

Please join and make a fully deductible donation.

[Click Here for Foundation Membership Form](#)

Ski Club Meetings for 2008-2009: (Visitors are welcome!)

The club meets on the first Thursday of the month and has meetings planned on;
Feb. 5, 2009; Garnet Hill and Lapland Lake, dish to pass: Chocolate festival
Mar. 5, 2009; Bike maint, storage, cyclo-cross
April 2, 2009; 40 years of the RNSC!, Elections , dish to pass.

Board meetings are on the 2nd Thursday of each month, at Coleridge's house (subject to change). Members are welcome to attend.

Weilers are Hosting a get-together for RNSC members Jan 31, 2009

Ski if there is snow, hike if not. There is a nice system of trails and generally a sampling of unusual foods. Be there on Saturday, Jan. 31, 2009 , 1-4 PM for the fun!

More info can be had by calling 533-1438.
Address is 7829 West Henrietta Rd., 1.6 miles south of exit 11 on 390.

Newspaper article featuring Coleridge!

The Democrat and Chronicle had a recent article interviewing our own Coleridge Gill on the subject of cross-country skiing. For the article go to:

<http://www.democratandchronicle.com/article/20090125/SPORTS0103/901250362/1007/RSS02>



Calendar of Upcoming Events:

Jan 31, 2009 RNSC gathering at Weilers for ski/hike/snack
Feb. 7, 2009 HS Section 5 Classic Distance Championships at Harrier Hollister Spencer
Feb. 8, 2009 ROC Ski-O at Webster Park
Feb.9, 2009 HS Section 5 Skate Relay at Bristol Mtn XC
Feb 6-9, 2009 Huggers trip Garnet Hill (RNSC members can sign up on Huggers trips)
Feb. 14,2009 Saturday & Sunday Tug Hill Challenge Sled Dog Race, CCC Camp; details at www.psd.com
Feb 14, 2009 Night Ski and Buffet, Cumming Nature Center- make reservation at 585-374-6160
Feb 14,15, 2009 Nordic Hot Dog Days, Cumming Nature Center
Feb. 13-16, 2009 Bock Tours, Winterlude, Ottawa
Feb. 14-21, 2009 Trip to Mont Ste Anne (RNSC)
Feb 20-22, 2009 Huggers trip; Tug Hill
Feb 27- Mar 1, 2009 Huggers trip , Booneville
Feb. 21, 2009, Saturday & Sunday Mannsville Quest Sled Dog Race:details at www.psd.com
Mar. 14, 2009, Winona Forest Tourathon
June 13, 2009 (snowless time of year ☺) ADK outdoor expo, Mendon Ponds Park

RNSC PRESIDENT'S MESSAGE

During December and January, we have had a very good taste of old man winter!! Both, the snow and the skiing have been wonderful. Needless to say, I expect February to be the same.

We are now at the point in our season where we need members to step forward and volunteer for positions of interest for next year. Some of us have been doing this for a while and we need a break. New faces and fresh ideas are now needed to sustain the club in the future. So, contact me and tell me what position you would like. I would love to see a complete turnover next year. Phone at 442-8634 or email at xcski81506@aol.com

Last month I read something that I would like to share with you. It kind of goes like this.....it does not matter whether you used no-wax or waxable skis and classic or skate ski "THE BEST WAX IS GOOD TECHNIQUE"

Ski you on the trails and think more snow!
Coleridge

Genesee Valley Bill Koch Youth Skiing

GVBKYS will be hosting a "Bring a Friend Day" on Saturday Feb 7th. Good opportunity to entice some new families into participating. If you have a candidate family you would like to see included, check for info next week on the GVBKYS website and/or send Coach Bob an email at bobski50k@aol.com .

Feb. 28,2009/ Mar. 1, 2009 **RXCSF Youth XC-Ski Festival** , Bristol Mountain/Harriet Hollister Spencer Rec Area
Mar. 27, 2009 GVBKYS End-Of-Season Awards Banquet

For More information contact:

Bob & Dianne Witkowski: Mail: *RXCSF, PO Box 482, Mendon, NY 14606*, 585-924-9645,
info@xcrochester.com, bobski50k@aol.com, anadamom@aol.com

Waxing Skis, continued

4) Glide waxing;

- if the base is really dirty clean with liquid base cleaner
- if moderately dirty , iron on cheap wax and scrape off while still warm.
- Once dry, brush 10 or 20 times with a brass brush to open pores a bit.
- if not dirty at all: just wax them! Rub wax onto ski; this makes a lumpy-patchy layer which helps insure the iron never hits bare plastic base. With harder waxes you may need to rub the wax on the iron a little to warm it up before rubbing on the base.
- most folks like to drip wax onto the ski, I like to melt wax on the base of the iron then iron it in.

Hint -a real waxing iron does not overshoot heat and accidentally seal the base. Buy one at the end of the season when everything is 50% off

Hint -a set of ski vices (which can clamp to the edge of a table, workbench, shelf, sawhorse, etc.) makes waxing much, much easier. These are also cheap at the end of the season.

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Waxing Skis, continued

- Push iron from tip to tail, do everything from tip to tail (it makes any residual fuzzies bend in the direction you want to go!)
- Let cool 20 minutes, then scrap off all wax with a plastic scraper. When I play with my steel edged back country skis, I use an old plastic windshield scraper on them so I don't gouge up my good scraper. You can sharpen a plastic scraper by running it over a file or sandpaper.
- Scrape all the wax off (moving from tip to tail). Some is absorbed into the porous parts of the base, so it is not really all coming off.
- Don't forget to scrape wax out of the center groove.
- Now to brush. Swix has a nice combo brush that is brass on one half and nylon on the other. I use an older combo version that has the bristles intermixed. On crummier skis I have used hardware store brass brushes. Brush with brass all waxed areas (and fishscales too, if you got them) at least 20 times (tip to tail). If you have enough energy or did not scrape very well, keep brushing until you no longer see lots of wax powder coming up.
- Now brush 20 strokes with the nylon brush.

5) What kind of wax?

- Match the wax to the temperature you expect the snow to be. Glide wax is quite forgiving so don't fret beyond picking cold/medium/ or warm. I found the Swix LF (Low Fluoro) to work better under more conditions than the plain old CH (plain old hydrocarbon wax), and it is just a little more expensive.
- I also like to do the belt and suspenders routine and each day before I ski I put on some wipe on product. This is especially needed for fishscale areas. I most often use a product called NOTWAX made by Zardoz. It is a liquid Teflon which complements traditional wax. Notwax comes with a felt puck applicator from which it is wiped on. I also use one of the many Swix F4 types, which are now fluorinated.

6) Fishscales need wax too (prevents icing, helps glide)

- Liquid waxes only! You don't want to fill in the grip areas.
- Any of the liquid or wipe on waxes are a good choice.

7) Hey what about grip waxes??

- You mean those old fashioned kind that you have lots of layers and choices and have to get exactly right or they don't work? Right, they don't work unless conditions are perfect (forget about skiing from shade to sunlight!) and you spend a lot of time putting them on. What to do? Don't want to loose all that delicious glide?
- Grip Tape to the rescue! The lazy guys way to grip wax. A great product came out a couple years ago which has a tremendous temperature range -20°C to 5°C (-4°F to 41°F). The one I use is Start Grip Tape (sold at skinnyskis.com and other places).
- To apply; clean base, abrade grip zone, apply tape and rub into good contact.
- Advantages: Huge temperature range, lasts for 100-200 km
- I cover the grip zone up with the waxy paper that was used to apply it when I am done skiing for the day, then just peel it off and go next time I ski!

8) For traditionalists I will include instructions for application of conventional grip wax:

- Choose exactly the right wax or combination of waxes.
- Rub waxes into grip area, in multiple layers, corking each layer smooth.
- Pray that conditions do not change and you guessed right.
- A word about klistor: Phooey! It is nasty, sticky, etc. Just use Start grip tape.

9) Put skis outside so they cool down to snow temperature (or else face them melting snow then having it freeze to the ski!)

10) How often to wax?

- With wipe on products; every time you ski
- With hot wax, when you start to see "white" areas where the wax has worn out. Since this is a pretty small % of the total ski area you don't have to re-hot wax; a application of wipe on wax will do fine until you have the inclination to hot wax again.

11) Ski and enjoy the extra glide.

www.tognar.com has all the tools you could ever want (at good prices!) They have a nylon/brass combo brush (APG-715) at \$11.95, cheap base cleaner at \$8.95/pint, Notwax(Zardoz), etc. They don't list grip tape though.

WHY BE A MEMBER OF ROCHESTER NORDIC SKI CLUB?

Ski lessons by experienced instructors Discounts on ski lessons Discounts at stores Newsletter Club information meetings Map packets	Day trips Find out where the snow is! Community activity involvement opportunities Opportunity to promote the sport Learning of new places to ski Extended trips at group rates
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OTHER SKIERS TO PLAY WITH, MAKE NEW FRIENDS, FIND NEW PLACES TO SKI !

Contact Information: info@rochesternordic.org		
ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS		
President	Coleridge Gill	442-8634
Vice Pres.	Ken Hann	586-5205
Secretary		
Treasurer	Jo Ann Ardell	323-2893
Board	James Vallino	425-1102
Board	Mark Maas	482-2679
Board	Gary Reif	218-0193
Board	David Lentz	
Day Outings	OPEN	
Historian	Barb Weiler	533-1438
Instruction	OPEN	
Membership	Harvey Seymour	
Newsletter	Gary Reif	218-0193
Publicity	Ken Hann	586-5205
Racing	Coleridge Gill	442-8634
Social	OPEN	
Web Master	James Vallino	425-1102
Weekday Trip Call List	Gretchen Schauss	223-5023

For all address changes and corrections, contact one of the officers or board members, or send change to the P.O. Box.

Rochester Nordic Ski Club
 PO Box 22897
 Rochester, NY 14692

Board meetings are on the 2nd Thursday of each month, at Coleridge's house (subject to change). Members are welcome to attend.

Up to the Minute Snow Reports!

Join the RNSC Yahoo Groups (XCROCHESTER) and have XC snow reports sent directly to your e-mail. You can also use this as a bulletin board to ask questions, etc. Go to groups.yahoo.com and join the rochesterxc group!

How to sign up for the Upstate NY XC ski conditions Yahoo Group

- 1) Go to <http://sports.groups.yahoo.com/group/rochesterxc/>
- 2) Click "Join this group"
- 3) If you don't have a Yahoo ID click "Sign up" (you don't have to fill in real info about yourself, especially not the birthday). The alternate Email should be your regular email address.
- 4) Yahoo sends email to your regular address to verify you. You must click a link in the mail to start your account.
- 5) You should now have a window for Yahoo Groups with the rochesterxc snow conditions page. Answer the setup questions (for #2 choosing "individual email" is best because you get snow reports right away !).
- 6) You can post messages by sending mail to;
rochesterxc@yahoo.com (you must already be a member, and it has to come from your registered mailbox). You can also post messages on the group website.

Want to join or renew? The membership form can be found on our website at:
<http://www.rochesternordic.org/Forms/MembershipApplication.pdf>
Questions can be sent to: info@rochesternordic.org



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ADDRESS CORRECTION REQUESTED