



Waxing Cross Country Skis

There are two methods of cross country skiing. Classic cross country skiing has existed for thousands of years. Skate skiing has been on the scene for a shorter period of time. These two methods of skiing require different types of skis. This article will explain how you wax each type of ski.

Waxing Classic Cross Country Skis

There are two types of classic cross country skis: waxless and traditional.

Waxless classic skis are often referred to as "fish scale" skis. The skier gets grip on the snow when pushing on the middle section of the ski, below the binding, which has scales. Calling these skis "waxless" is misleading. You do not wax the fish scale or gripping base of the ski, however the smooth front and rear sections of the base of this type of ski are hot waxed with glide wax. This combined with the ski still having proper camber, or flexibility, allows you to glide after the kick. Glide wax comes in different colors that work at different temperatures. At Telemark we wax the rental skis with purple glide wax which works with snow temperatures from 10 C to -10 C. For colder snow we hot wax with pink glide wax.

Also, when snow is wet it can stick and bind to the scales on the base. Rubbing some silicon on the scales can help reduce this from occurring. Waxless skis are common with recreational cross country skiers.

Traditional classic skis do not have scales on the base, in the kick zone, under the binding. The base is smooth from tip to heel. Like "fish scale" waxless skis, traditional classic skis are hot waxed at the tip and heel of the base with glide wax. However, temperature dependent kick wax is also rubbed onto the middle of the ski base, referred to as the kick zone, to get grip on the snow when kicking. Therefore, when waxing traditional classic skis you must use both a glide wax and a sticky kick wax that are both temperature dependent. Traditional classic skis are more common with competitive classic skiers.

Waxing Skate Skis

Skate skis have a smooth base from the tip to the heel of the ski. These skis work like ice skates, as the push comes from kicking to the side. The base of skate skis are hot waxed from the tip to the heel with temperature dependent glide wax. This is the same glide wax that is used on the front and back of the base of classic cross country skis. You will get a much longer and smoother glide by hot waxing your skate skis with glide wax that matches the snow temperature. For example, if you hot wax with a glide wax for warmer temperature snow your glide will be reduced if the snow temperature gets too cold. So glide wax is temperature dependent.

Telemark Nordic Club
PO Box 26072
West Kelowna, B.C. V4T 2G3
Ph: 250-707-5925 gm@telemarknordic.com
www.telemarknordic.com