

Canadian Masters XC Ski newsletter
December 17, 2022

Merry Christmas to all our members

The skiing conditions continue to improve through out parts of Canada unfortunately some regions lack of snow has continued into December. We are wishing you a white Christmas where ever you live.

The National newsletter includes information for our 2023 Canadian Masters Championships at Hardwood Ski and Bike, Seefeld, Austria Masters World Cup 2023. Also the S2S ski marathon - a popular destination event you may want to add to your race calendar for the season. There is a new section on what is happening in the waxing world – Cold wax application. Information on how you can purchase your Canadian Masters warm ups and race suits for this season. Finally you can save some money on a destination Nordic magazine just because you are a current member of Canadian Masters!

**Canadian Masters National XC Championships and Fischer Loppet
Hardwood Ski and Bike, Ontario.
March 2 -4, 2023**

Three days of great racing with nightly social events and final banquet. Mark your calendars for a fun long weekend of racing and meeting skiers from across Canada. These events offer classic or freestyle events and amazing top end Fischer ski packages for entering all three events See you there!

<http://www.pulseracing.ca/2023canadianmasters/>

**Master World Cup
Seefeld, Austria
March 16 – 25, 2023**

<https://mwc2023.com/>

Come on Canada. Join our Canadian team in the Tyrol Alps for an amazing series of races and team relays in Seefeld, Austria. Tyrol Austria is a spectacular area in the Alps with amazing ski areas close to Seefeld. We still have some accommodations available in our team Hotel Vaya, Seefeld. If you are interested please let me know asap as Hotel Vaya will be wanting to sell these rooms at regular rates within next few weeks.

Email Mike at - canadianmastersxcski@gmail.com.

S2S Ski Marathon
Sovereign Lake Nordic Center and SilverStar Mountain Resort
Vernon, British Columbia
April 1 and 2, 2023

The **S2S** is the Sovereign 2 SilverStar Marathon. The S2S offers two days of events with two distances and both Classic and Freestyle techniques. SilverStar and Sovereign Lake Nordic center are one of the most popular Nordic areas in North America. April? Yes there is lots of snow and world class grooming in April so join us for your end of season spring skiing for our point to party Nordic festival weekend.

<https://www.sovereign2silverstar.com/>

Canadian Masters warm up and race suit clothing 2022 – 2023

We have just arranged to open the Jakroo on line store for warm up and race suits for members who requested to purchase the race suit or warm up jockey or pants. The clothing comes in men's and women sizing and is delivered directly to your preferred address.

<https://jakroo.com/store-front?storeId=HkdCII5UY>

Best Nordic Ski Great Escapes 2023 – Special 30% Discount

Welcome to Best Nordic Ski Great Escapes, a new quality travel resort guide launching soon for cross-country ski lovers the world over who are eager for travel, adventure, romance, and to explore nature.

Featuring many top spots across North America, this new travel resort guide offers a great selection of venues with coverage of trails, lodging, dining, events, attractions etc. along with superb photos.

Take advantage of our 30% discount for Canadian Masters XC Ski member discount and SAVE - click link below.

Pay only \$6.95 (reg. \$9.95) and start planning your winter vacation today.

A must for all passionate and committed xc skiers across the USA and Canada. This one-of-a-kind guide is a great partner to help plan your next get-away.

From BC, Colorado and California, to Alberta, Vermont and New Hampshire... find your perfect vacation spot.

To order click here <https://nordicski-greatescapes.com/canmasters/> and SAVE 30% (plus applicable taxes/shipping/handling)

Waxing Update #1- Glide wax trends

Below is our first waxing update for Canadian Masters members. Hope you find the information helpful. If you have any waxing questions send them my way. We may even add them to our newsletter in a future addition.

The Nordic Waxing World is slowly moving away from Fluro products as regulations try to reduce harmful chemicals in our environment and to protect us.

FIS could not enforce the ban on Fluro products this season as there was no reliable equipment available to test for fluros glide waxes on skis. That will change soon as new instruments are currently being tested with support from the World Cup Nordic teams. The new instrument was recently tested in Sun Valley USA during their Supertour races last week. Good time to start considering alternatives to fluoride waxes.

So what is happening in the World of Glide waxing?

Cold Applications and ski grinding are commonly used in many FIS World Cup events. Hot waxing is not as common but still used for colder and abrasive snow conditions on medium to old transformed and new snow.

Here are some of the interesting waxing applications and products we will be discussing in our National newsletter over the 2023 season.

First up in this issue -Cold wax applications for glide sections of your ski.

In future newsletters - Master waxes from Italy are commonly used a base for medium transformed snow above -10 C and we have always found them to be fast. Ulla Canada new race series pucks and liquids are simple to apply and are faster than first few years. Reducing or avoiding hot waxing on racing skis. What is ski grinding all about and where are some good ski grinding services in Canada? Wool buffs/sleeves on roto corks connected to electric drills are making glide waxes faster with most pucks, liquid and paste waxes.

Featured Glide wax for Update #1.

.Ulla is a Canadian product created to simplify waxing and is completely toxin free. Ulla has been on the market for a few years with some race centers having their product in starter kits or team kits. My glide wax testing has been finding similar

results to Canadian and American racing wax techs with good glide on medium transformed snow and old transformed snow between 0 C and -10 C. Their new race puck and liquids series are better for racing than earlier versions of pucks and sprays. Recent testing and racing results were good at the first FIS Nordic Cup and Super tour races here at Sovereign Lake Nordic this Dec. 2022. USA teams were using Ulla as their base glider and covering with fluoro pucks or powders. Check it out with their link - www.ullasport.com

Cold Applications for glide.

Basically a glide wax product is applied to the glide area of classic and skate skis without use of iron. Electric drills are fitted with axles for roto corks and wool or fleece sleeves. Wax is added to the wool/fleece sleeves then applied to the glide areas of the skis.

Rationale – Reduces heating of the expensive base with simple and quick application for a thin layer of glide product.

Cold application are not a new glide wax process but is gaining popularity from FIS World Cups, USA/Canada Super tour races, World Loppets and more Master racers are using the process throughout the Nordic world.

Cold application products come in different types. Liquid sprays or squeeze bottle applicators, hard wax pucks in different sizes and temperature ranges or pastes that can be rub on the ski. Some of these products have been around for few years such as Master waxes from Italy, Ulla wax from Canada, Rex Kinetic from Finland, Swix LF and HF sprays from Norway and the Vauhti liquids from Finland. The list of these cold application products are growing with new products coming every year.

Here are a few common methods of cold wax application that have been testing and racing very well this early season.

NB: Before you do any glide waxing it most important to clean your glide sections well. Usually a brass brush or special roto brass or fine steel is used on top of a glider wax remover and brushed in the direction of glide with minimum to lite pressure. Some wax techs let the glide cleaner soak for a minute or two before they begin brass brush/roto brass on the ski. (You do not have to brass brush every time you clean). Next step is to wipe the ski base with a clean fiber less cloth. Often you will see dark material on the cloth (dirt). Left uncleaned this dirt will increase friction and reduce glide. Let ski dry for few minutes or more.

1. Cold Application Glide waxing with electric drill.

Tools required – Drill, axle and handle for Roto cork, wool/fleece cuff or sleeve. The tools are assembled and the glide wax application is usually with a temp/snow specific wax puck or spray.

The roto cork is covered by wool or fleece sleeve then connected to the drill chuck by the axle shaft. The drill is powered up and a wax puck is held against one half of the wool/fleece sleeve to coat with wax. The waxed section of the wool/fleece is then applied to the glide sections of the ski usually with minimum pressure. The unwaxed half of the wool sleeve is then used to buff up the newly waxed surface of the ski.

For liquid wax applications. Liquid can be sprayed or spread on the glide sections of the ski and smoothed out either with a clean cloth or synthetic cork. Then the wool sleeve is powered up and run over the ski with minimum pressure.

Note: Check manufactures directions for length of time required to dry before you buff the liquid glide wax. Horsehair or nylon brushes are then used to finish the ski by brushing with light pressure on the brush. Generally brush in the direction of the glide - tip to tail.

Check out the numerous videos on the wax manufactures web sites for cold wax applications. FYI – There are good videos on how to glide wax with cold applications on line.

2. Can apply by hand - Do not have all the tools mentioned above and still want to get into cold wax applications. You can prepare your skis with a few simple brushes by hand.

Hand application is easily done by using a special brush with two different materials on the top and bottom of the brush. One side of the brush surface is usually a softer nylon brush or horsehair while the other side is often has a wool, fleece or natural cork surface for rubbing on the puck wax and then buffing the glide wax. Apply the wax as per manufactures directions and buff or brush as recommended by the manufacturer.

Hand applications are bit more work but still provide good glide results.

Try some cold applications this season and enjoy the glide.

Wishing you a great ski season!

Mike

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