



NTNU

Norwegian University of
Science and Technology

Ski waxing course

for non-experienced and experienced
skiers, professors, postdocs, PhD students *et al.*

by

Anders Fougner

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Overview

- Background
- Kick zone
- Waxless skis
- How to apply the grip wax
- How to remove the grip wax
- Klister
- Glide wax

- FAQ
- Conclusion

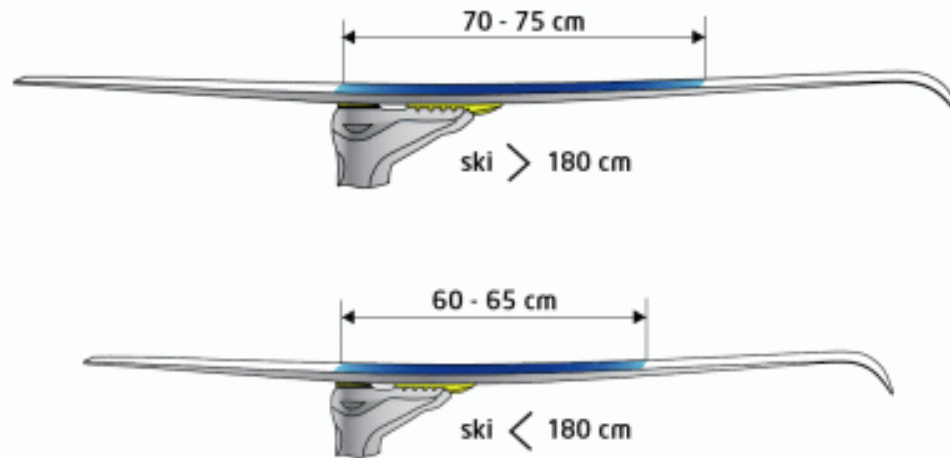


Background

- Some of you may be stressed out because you have bought skis but have no clue about how to wax them.
- Also the more experienced of you may not dare to use klister and thus cannot ski when it's wet or icy.

- **Goal of this course:**
Be able to ski without being scared of the wax, the klister or the snow conditions.

Kick zone

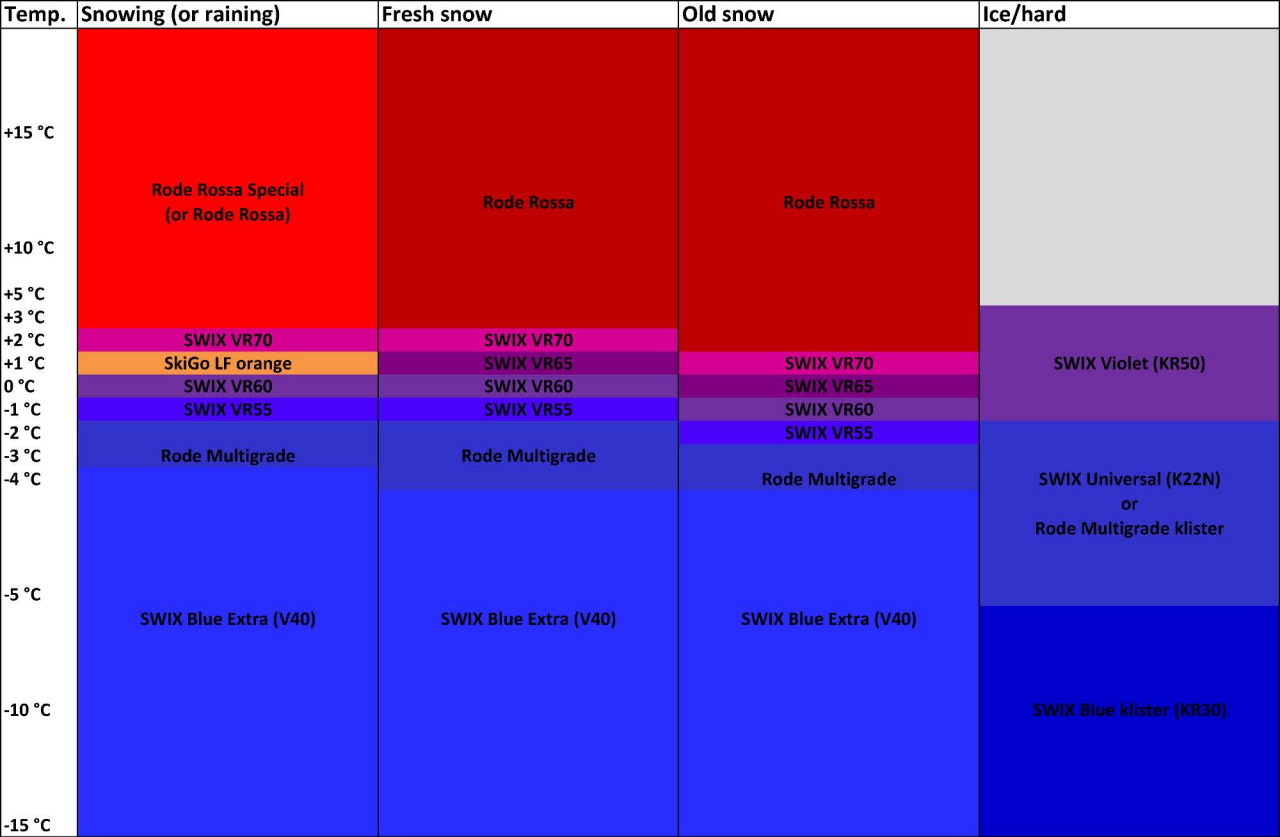


- Should **ideally** be measured specifically on your skis and with your weight...
 - > Plain surface, one-layered sheet of paper
- Rubbed with sand paper

Waxless skis



- Simple solution
- Not ideal, glides poorly
- Very difficult in some situations
- Only recommended for those who did **not** attend this ski waxing course...



How to apply the wax

1. Remove the **old wax** (see next page...)
2. Check the snow conditions; choose a wax
3. But: Use a harder wax as a base layer (2-3 thin layers)
4. Bring the wax you want to use, and apply it only if needed
5. Bring also a softer wax, just in case..

How to remove the wax

- Apply one layer of **toilet paper**
- Scrape off the soft wax!
- Now you still have a **base layer** for next trip...
- (Sometimes:) Use a **wax cleaner** to remove everything

How to apply the klister

- Almost like tooth paste or glue
- Use your hand!
- Afterwards; cover your hand with a glove
- Problem solved

How to remove the klister

- Not rocket science:

Do it the same way as for the wax!

Glide wax

- Not important for beginners
- Pick an «allround» glide wax, unless you do competitions...
- Apply outside of the kick zone!
- Use a wax iron, or a normal iron

- Scrape off
- Brush, if you wanna bother

FAQ (1)

1. Why does the wax disappear so quickly?
2. When should I wax my skis?
3. My skis are sliding backwards. What do I do?
4. Why do I have a 10cm thick snow layer under my skis?

FAQ (2)

5. How do I avoid this problem, and how do I solve it now?
6. There's klister everywhere; what do I do?
7. It seems to build up ice in the klister. How do I avoid this problem?
8. I can't afford having 50 different grip waxes . What do I do?

FAQ (3)

9. There's 0°C and snowing – seems to be difficult conditions. What strategy should I use?
10. I really hate klister. It sticks to my hands, to my car seats, to my mouth, to the skis and to the snow. How can I fall in love with the klister?
11. It's raining downtown, and the conditions are probably crappy now. Should I stay at home?

FAQ (4)

12. Can I ski on the road, on the parking lot and on the beach?

13. Who needs to yield; the skier or the car?

How to check the conditions

- Skiklubben's **føremelding**:
<http://www.skiklubben.no/index.php/Marka-i-dag/Foremelding/>
- Skisporet:
<http://www.skisporet.no/sortrondelag/bymarka>
<http://www.skisporet.no/sortrondelag/granasen>
<http://www.skisporet.no/sortrondelag/strindamarka>
- Webcam/weather stations at **Skistua** and **Granåsen**:
<http://webcam-skistua.notlong.com>
<http://webcam-granaasen.notlong.com>

How to remember everything

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Print the color coding table

Thank you for your attention



