

# WAX RECOMMENDATION

# TOKO<sup>®</sup>

## Empire State Winter Games Classic

Mt. Van Hoevenberg Biathlon Stadium, Lake Placid, NY

Saturday, February 4

1 P.M.

20K/5K Classic

Mass start

[www.empirestatewintergames.com/sports/cross-country](http://www.empirestatewintergames.com/sports/cross-country)

**Forecast/Conditions:** Overnight low 4F, temperature at start 15. Packed powder, cloudy with a 50 percent chance of flurries throughout the day.

**Glidewax:** Apply LF Blue, scrape and brush, then apply HF Blue, scrape and brush. Finish by crayoning JetStream Blue, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Blue, corking between layers.

**Structure:** A fine grind covered by one pass with the Blue Structurite tool before JetStream application will best suit these conditions.

Created by Duncan Douglas, Toko Tech Team.

Check the [Wax Tips](http://TokoUS.com) page at [TokoUS.com](http://TokoUS.com) before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes, skip the Fluorocarbon (JetStream) and substitute the LF or NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at [TokoUS.com](http://TokoUS.com).

# Racing - Service