

WAX RECOMMENDATION



Empire State Winter Games

Mt. Van Hoevenberg Biathlon Stadium, Lake Placid, NY

Sunday, February 5

1 P.M.

7.5K Men, 5K Women, Skate

www.empirestatewintergames.com/sports/cross-country

Forecast/Conditions: Overnight low 10F, temperature at start 25. Packed powder, cloudy with a 50 percent chance of snow showers throughout the day.

Glidewax: Apply LF Black, scrape and brush, then apply HF Blue/HF Red mixed 1/1, scrape and brush. Finish by crayoning JetStream Red, 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: N/A

Structure: A universal grind covered by one pass with the Red 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 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.

Racing - Service