

WAX RECOMMENDATION



Lake Placid Nordic Festival

Mt. Van Hoevenberg, Lake Placid, NY

Saturday, March 18

9 A.M. 50K, 9:15 A.M. 25K, Classic

10 A.M. 50K, 10:15 A.M. 25K, Skate

25K loop

www.whiteface.com/events/lake-placid-nordic-festival

Forecast/Conditions: Overnight low zero F to 3F. Temperature at Classic start around 13, Skate start around 20. It should reach 28 by noon. About 40 inches of snow fell, and it came in cold and dry.

Glidewax: For Classic, 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. For Skate, LF Blue, scrape and brush, then HF Blue/HF Red mixed 1:2, scrape and brush. Finish with JetStream Red.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2 layers of Nordic GripWax Red, corking between layers. Finish with 2 layers of GripWax Blue, corking between layers.

Structure: A universal structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions.

Racing - Service

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.