

Lake Placid NorAm Cup Biathlon

Mt. Van Hoevenberg, Lake Placid, NY Sunday, February 18 10 A.M. Pursuit https://www.skireg.com/north-american-cup

Forecast/Conditions: Overnight low 18, temperature at start 28. Icy base covered with a thin layer of frozen granular snow. Partly sunny with no precipitation.

Glidewax: Apply LF Black, scrape and brush, then apply HF Red, 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

Vervic ICING

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Check the Wax Tips 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 or HeIX) 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.