

WAX RECOMMENDATION



Empire State Winter Games

Mt. Van Hoevenberg, Lake Placid, NY

Sunday, February 4

1 P.M.

7.5K/5K, Classic

Interval Start

1K-1.5K loop, with multiple laps

www.empirestatewintergames.com/sports/cross-country

Forecast/Conditions: Overnight low 14, temperature at start 26, hard surface covered with granular manmade snow. A 75 percent chance of new snow throughout the morning.

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

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

Racing - Service

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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 HelX) 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.