

# WAX RECOMMENDATION



## Empire State Winter Games

Mt. VanHoevenberg Biathlon Venue, Lake Placid, NY

Sunday, February 3

1 P.M.

7.5K/5K, Freestyle

Interval start

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

**Forecast/Conditions:** Overnight low 7F, temperature at start 25. A 50 percent chance of icy/mixed precipitation. Machine groomed, packed powder.

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

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Check the [Wax Tips](#) 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 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](http://TokoUS.com).

Racing - Service