

WAX RECOMMENDATION



Empire State Winter Games

Mt. Van Hoevenberg Biathlon Venue, Lake Placid, NY

Saturday, February 1

1 P.M.

5K Freestyle U14/16, 20K all others

Mass start by distance

www.empirestatewintergames.com/sports/cross-country

Forecast/Conditions: Early morning low of 18, warming to 31 for race time, cloudy skies with moderate humidity. Natural, new fallen snow, groomed with a PistenBully.

Glidewax: Apply P Black Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Red, let stand for at least one hour in a warm room (overnight is best), then polish with the Polishing Brush Liquid Paraffin.

Gripwax: N/A

Structure: A universal structure covered by one pass with the Red Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

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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 High Performance (Liquid Paraffin or Hot Wax) and substitute the Performance or Base Performance 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