

WAX RECOMMENDATION



New York State Biathlon Championships

Mt. Van Hoevenberg, Lake Placid, NY

Sunday, March 1

10 A.M

Boys/Girls 7.5K, M60/70 7.5K, all others 10K

Pursuit, 10 second interval start based on Sprint results

<https://www.skireg.com/nybiathlon>

Forecast/Conditions: Overnight low 1F, temperature at start 11. Frozen granular, machine groomed with a PistenBully. Cloudy skies with a light wind.

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

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

Racing - Service

Created by Duncan Douglas, Toko Tech Team member. douglas6xc@gmail.com

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.