

WAX RECOMMENDATION



GHN-ADK Games

Glenville Hills, Schenectady, NY

Saturday, January 30 and Sunday, January 31
10 A.M.

10K, Freestyle Saturday, Classic Sunday

Interval start/Pursuit

<https://www.skireg.com/ghn-adkgames#Notes>

Forecast/Conditions: Overnight low zero F, temperature at start 8F for Saturday and Sunday. Cloudy skies, racing on new fallen natural snow with light wind.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Spray on BP LP Blue, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing BP Blue Hot Wax, apply a second layer of BP Blue Hot Wax, scrape and brush.

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

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final BP Hot Wax or before spraying BP Liquid 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. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at TokoUS.com.