

NYSSRA State Championships

Mt. Van Hoevenberg, Lake Placid, NY Sunday, February 21 9 A.M. 5K-15K, Skate Interval start Multiple laps www.skireg.com/nyssra-championships-hosted-by-nysef#Notes

Forecast/Conditions: Overnight low 6F, temperature at start 12. Manmade base with several inches of new snow mixed in, PistenBully groomed. Cloudy skies with slight chance of new precipitation during race.

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

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.

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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. 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.