

WAX RECOMMENDATION TOKO®

Empire State Winter Games

Mt. Van Hoevenberg, Lake Placid, NY

Saturday, February 4

1 P.M.

5K - 20K, Freestyle technique, followed by 200 m Freestyle sprints at 4 P.M.

Mass start by distance

Multiple laps for distance race

empirestatewintergames.com/event/eswg-cross-country/

Forecast/Conditions: Overnight low falling to -20F, rising to zero F at race time. Partly cloudy skies with light wind. PistenBully groomed, packed powder.

Glidewax: Apply a layer of BP Blue or P Blue, scrape and brush. Apply High Performance Blue Hot Wax, sprinkle on X-Cold Powder, [iron in together](#), let cool completely, scrap and brush thoroughly.

Structure: A fine structure covered by one pass with the Blue Structurite tool before applying the HP Blue Hot Wax with X-Cold Powder will best suit these conditions.

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 you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at TokoUS.com.

Racing - Service