

WAX RECOMMENDATION TOKO®

Empire State Winter Games

Mt. Van Hoevenberg, Lake Placid, NY

Sunday, February 5

1 P.M.

5K U14/U16, 7.5K all others

Classical technique

Mass start by distance

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

Forecast/Conditions: Overnight low of zero F rising to 32 at race time. Cloudy skies with light wind. PistenBully groomed, packed powder.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on HP LP Red, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

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

Structure: A universal structure covered by one pass with the Red Structurite tool after the final hot wax or before applying the HP LP Red 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. 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