

WAX RECOMMENDATION TOKO®

ADK Tour de Ski

Mt. Van Hoevenberg, Lake Placid, NY

Saturday, December 16

11 A.M.

1.5K, 3K or 6K, Freestyle technique

Wave start

Multiple laps for 3K and 6K

Event website [here](#)

Forecast/Conditions: Overnight low 30, temperature at start 33, cloudy skies. A mixture of manmade and a foot of recently fallen snow on a PistenBully groomed, challenging course.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on HP LP Yellow, let stand for at least 2 hours, 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 Yellow Hot Wax, scrape and brush.

Structure: A wet structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP 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