

WAX RECOMMENDATION

TOKO[®]

Lake Placid Eastern Regional Biathlon

Mt. Van Hoevenberg, Lake Placid, NY

Saturday, January 13

2 P.M.

Sprint race, Freestyle technique

Individual start

Multiple laps

<https://www.skireg.com/lake-placid-eastern-regional-biathlon>

Forecast/Conditions: Overnight low 26, temperature at start 33.
Manmade snow with new snow falling overnight, snow continuing throughout the day on Saturday.

Glidewax: Apply High Performance Yellow Hot Wax/HP Red Hot Wax mixed 1:1, scrape and brush. Spray on HP LP Yellow, let stand for at least two hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply Performance Red Hot Wax, scrape and brush, then apply HP Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush.

Structure: A universal 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