

WAX RECOMMENDATION



Lake Placid Eastern Regional Biathlon

Mt. Van Hoevenberg, Lake Placid, NY

Sunday, January 14

10 A.M.

Pursuit race, Freestyle technique

Pursuit start

Multiple laps

www.skireg.com/lake-placid-eastern-regional-biathlon

Forecast/Conditions: Overnight low 17, temperature at start 17. Manmade snow with fresh snow machine-groomed in. Continued chance of light snow at race time.

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

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

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