

# WAX RECOMMENDATION **TOKO**<sup>®</sup>

## ADK Tour de Ski - The Frenette Freestyle

James C. Frenette Recreation Trails, Tupper Lake, NY

Sunday, January 14

11 A.M.

10K and 6K, Freestyle technique

Interval Start

Multiple laps

More event info [here](#)

Forecast/Conditions: Overnight low 17, temperature at start 20.

New snow with a chance of scattered snow showers up until race time.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on High Performance Red Liquid Paraffin, let stand at least 2-4 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 Blue Hot Wax/HP Red Hot Wax mixed 1:1, 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.

Created by Duncan Douglas, Toko Tech Team member. [douglas6xc@gmail.com](mailto:douglas6xc@gmail.com)

Check the [Wax Tips](#) page at [TokoUS.com](http://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](http://TokoUS.com).

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