

# WAX RECOMMENDATION TOKO®

## Lake Placid Super Tour and Eastern Cup

Mt. Van Hoevenberg, Lake Placid, NY

Sunday, January 21

10 A.M.

10K Women and Men, 5K U 16, Classical technique

Mass start, Multiple laps

[www.skireg.com/lake-placid-supertour-and-nensa-eastern-cup](http://www.skireg.com/lake-placid-supertour-and-nensa-eastern-cup)

**Forecast/Conditions:** Overnight low -1F, temperature at start 4F, partly sunny skies. Significant manmade, transformed base with several inches of new snow over past few days. PistenBully groomed and track set.

**Glidewax:** Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Blue/X-Cold Powder mixed 1;1, iron in together, let cool, scrape and brush. If you do not have HP Powder, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green short (in klister zone), cork smooth, let cool. Then create a pyramid of [multiple thick layers of Base Wax Green](#), corking between each layer. Stay short, not beyond klister zone. Finish by covering with a very thin layer of GripWax Blue, corking lightly.

**Structure:** A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax/Powder will best suit these conditions.

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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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