

WAX RECOMMENDATION **TOKO**[®]

ADK Tour de Ski Scotts Cobble Skiathlon

Scotts Cobble Nordic Center, Lake Placid, NY

Saturday, February 10

11 A.M.

5K Classical followed by 5K Freestyle technique

Mass start

5K lap

www.skireg.com/adk-tour-de-ski-scotts-cobble-lake-placid

Forecast/Conditions: Overnight low 37, temperature at start 43. Cloudy skies with a chance of light rain throughout the morning. Due to the thin cover and limited snow, there will be no track set.

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

Gripwax: Roughen base with 150 grit sandpaper, apply Nordic Base Klister Green, heat and smooth. While still warm, apply Nordic Klister Yellow, smooth, let cool completely.

Structure: A wet structure covered by one pass with the Yellow 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.

Racing - Service