

## New York Biathlon Championships

Osceola Ski Club, Camden, NY
Saturday, February 24
10 A.M.
7.5K, Freestyle technique
Interval start
Multiple laps
www.skireg.com/new-york-championship-biathlon-qualifier

Forecast/Conditions: Overnight low 11, temperature at start 14, transformed natural snow, machine groomed, under cloudy skies.

<u>Glidewax:</u> Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Blue, iron in, 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, scrape and brush.

<u>Structure</u>: 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.

ervic

Created by Duncan Douglas, Toko Tech Team member. douglas6xc@gmail.com

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> 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 <u>How To</u> link at <u>TokoUS.com</u>.