

WAX RECOMMENDATION **TOKO[®]**

ADK Tour-de Ski - Ski the ADK

Cascade Welcome Center, Lake Placid, NY

Sunday, February 25

11 A.M.

7.5K/15K, Classical technique

Mass start

7.5K lap

<http://www.skireg.com/adk-tour-de-ski--cascade-classic>

Forecast/Conditions: Overnight low of zero F, temperature at start 20. Transformed natural snow with some dirt groomed in. Partly sunny skies.

Glidewax: 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.

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

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 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