



## New York State Public HS Championships

Mt. Van Hoevenberg, Lake Placid, NY Monday, February 26 10 A.M. 7.5K, Freestyle technique Interval start Multiple laps https://nysphsaa.org/tournaments/?id=23

Forecast/Conditions: Overnight low 23, temperature at start 30. Manmade, transformed snow, PistenBully groomed. Cloudy skies with a chance of snow flurries throughout the morning.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Red, 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 Red Hot Wax, scrape and brush.

**Structure:** A universal structure covered by one pass with the Red 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.