

WAX RECOMMENDATION



ADK TOUR DE SKI

Scott's Cobble, Lake Placid, NY - Sunday, Dec 29

11:10 A.M., 10k and 5k, Skiathlon

Mass start – 2 laps Classic and 2 laps Skate

<https://www.skireg.com/adk-tour-de-ski-scotts-cobble-nordic-center-lake-placid>

Forecast/Conditions: Overnight low 34, temperature at start 41, transformed snow with icy conditions expected. Showers are likely under cloudy skies.

Glidewax: Apply HP Red Hot Wax, scrape and brush, spray on HP Liquid Paraffin Yellow, let stand at least 2 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, apply BP Red 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.

Structure: A wet structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final Hot Wax will best suit these conditions.

Created by Duncan Douglas, Toko Tech Team member

Racing-Service

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.