

# WAX RECOMMENDATION



## ADK TOUR DE SKI

**Mt. Van Hoevenberg, Lake Placid, NY – Sunday, Dec 15**

11 A.M., 8k or 4k, Open technique (skate or classic)

Mass start – multiple laps on 2k course

<https://www.skireg.com/adk-tour-de-ski-mt-van-hoevenberg-lake-placid>

---

**Forecast/Conditions:** Overnight low 8F, temperature at start 22 under mostly cloudy skies. Manmade snow with new snow tilled in.

**Glidewax:** Apply HP Blue Hot Wax, scrape and brush, spray on HP Liquid Paraffin Red, let stand at least 2-4 hours, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax, scrape and brush.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 2-4 layers of Nordic GripWax Red, corking smooth between layers.

**Structure:** A universal structure covered by one pass with the Red 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](http://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.