

# WAX RECOMMENDATION



## EMPIRE STATE WINTER GAMES

Mt. Van Hoevenberg, Lake Placid, NY - Saturday, Feb 1

2 P.M., 2.5k, Freestyle

Mass start, 1 lap

<https://event.racereach.com/eswg-cross-country>

---

**Forecast/Conditions:** Overnight low 6F, temperature at start 9F. Several inches of new snow over a manmade base, mostly sunny skies.

**Glidewax:** Apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, sprinkle on X-Cold Powder, iron in together, scrape and brush. If you do not have X-Cold Powder, apply BP Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush.

**Gripwax:** N/A

**Structure:** A fine structure covered by one pass with the Blue 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](https://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](https://TokoUS.com).