

WAX RECOMMENDATION



EMPIRE STATE WINTER GAMES

Mt. Van Hoevenberg, Lake Placid, NY – Sunday, Feb 2

10:30 A.M., 5k, Classical

Interval start

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

Forecast/Conditions: Overnight low -11F, temperature at start 7F. Several inches of packed powder over a manmade base, mostly cloudy 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: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 layers of Nordic GripWax Blue, corking between layers.

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 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.