

WAX RECOMMENDATION



ADK TOUR DE SKI – FRENETTE

Frenette Recreation Trails, Tupper Lake, NY – Saturday, Jan 31

11:10 A.M., 10k/6k, Skate or Classical technique

Mass start, multiple laps

<https://www.skireg.com/adk-tour-de-ski-frenette-tupper-lake>

Forecast/Conditions: Overnight low -10F, temperature at start -4F. Extremely cold temperatures with dry natural snow and cloudy skies.

Glidewax: Apply HP Blue Hot Wax, scrape and brush, sprinkle on [Jet Powder](#) Blue, make two passes with iron at 180c, let cool, scrape and brush using the copper brush and polish with a merino wool roller.

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 smooth between layers.

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax or polishing the Jet Powder will best suit these conditions.

Created by Duncan Douglas, Toko Tech Team member

Racing-Service

Check the [Wax Tips](#) page at [TokoUS.com](https://www.toko-us.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 (Blue, Red or Yellow), as the temperature ranges are the same. For a more economical option, omit Jet topcoats. All Race Wax Tips recommend ONLY fluorine-free products. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at TokoUS.com.