

WAX RECOMMENDATION



EMPIRE STATE WINTER GAMES

Mt. Van Hoevenberg, Lake Placid, NY – Sunday, Feb 8

12:45 P.M., 7.5k/5k, Classic technique

Interval start with multiple laps

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

Forecast/Conditions: Overnight low -17F with gusty winds. Temperature at start zero F, classic tracks will see some glazing.

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. Then quickly (2 seconds) spray [Jet Liquid](#) Blue tail to tip, let sit for 10 minutes, go ski.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-4 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 but before applying Jet Liquid 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 (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.