

# WAX RECOMMENDATION TOKO®

## Homer Epic 100k

McNeil Canyon Elementary School, Homer, AK

Saturday March 9, 2024

8AM

100K/50K, Ski/Bike/Run Mass start

Out and back on 2 trail system loops

<https://www.homercyclingclub.org/homer-epic/>

**Forecast/Conditions:** Overnight low 14F, temperature at start 15F, going to 25F later in the day, Machine groomed Ski and Snowmobile trails with some new snow from Wednesday and Thursday mixed in, mostly cloudy with 5mph wind.

**Glidewax:** Apply High Performance Blue Hot Wax, scrape and brush. Sprinkle on HP Powder Red, iron in, let cool, scrape and brush. If you do not have HP Powder, 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 4 layers of Nordic GripWax Red, corking between layers. 100k has 6,200' of climbing so will likely need to reapply during race (bring some Nordic GripWax Yellow as well as the Red).

**Structure:** A warm/Universal structure covered by one pass with the Red Structurite tool after scraping and brushing the final Hot Wax/Powder will best suit these conditions.

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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).

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