

WAX RECOMMENDATION

Homer EPIC 50/100km

McNeil Canyon Elementary School, Homer, AK

Saturday, March 16

8 A.M. start

50K and 100K Human Powered Race (Ski/Bike/Run)

One lap course

Mass start

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

Forecast/Conditions: Friday overnight low of 22. Saturday high near 32 with warm wet snow in the morning and then 60 percent chance of rain and snow in the afternoon. The snow has gone through a couple of freeze/thaw cycles and will be coarse and transformed with a few inches of new snow on top that will be groomed in. Plus whatever falls during the race. IT WILL BE EPIC!

Glidewax: Apply LF Black, scrape and brush, then apply HF Red/HF Yellow mixed 1:1, scrape and brush. Finish by crayoning JetStream Yellow, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Apply 2 layers of Nordic GripWax Yellow and then cork smooth between each layer. Then alternate 2 thin layers each of GripWax Red and GripWax Yellow, corking smooth between each layer.

Structure: A universal structure covered by one pass with the Yellow Structurite tool (before JetStream application) will best suit these conditions.

Created by Ira Edwards, Toko Sales Rep, Tech Team Member since 1995.

Check the [Wax Tips](#) page at [TokoUS.com](#) before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes, skip the Fluorocarbon (JetStream or HelX) and substitute the LF or NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at [TokoUS.com](#).

Racing - Service