

# WAX RECOMMENDATION



## White Mountains 100

White Mountains National Recreation Area

Wickersham Dome Trailhead, Milepost 28 Elliott Highway

(approx. 38 miles north of Fairbanks, AK)

Sunday, March 24, 8 A.M. Mass start, one lap course

100 mile human-powered race (Ski/Bike/Run)

<http://wm100.endurancenorth.org/>

**Forecast/Conditions:** Saturday overnight low of 28. Sunday high near 45 with icy snow in the morning turning to soft corn snow in the afternoon. Mostly cloudy during the race. The snow has gone through a couple of freeze/thaw cycles and will be coarse and transformed. Course will not be groomed per se but will have a lot of snowmobile travel to set a trail.

**Glidewax:** Apply LF Black, scrape and brush, then apply HF Black/HF Yellow mixed 2:1, 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. Later in the race, you may want to brush your skis clean with a copper brush, and crayon on another layer of Jetstream, cork it in with a synthetic cork and then use the nylon polishing bush. Up to you for how much gear to bring.

**Gripwax:** Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Apply a thin layer of GripWax Red followed by GripWax Yellow, corking smooth between each layer, and then repeat. Red/Yellow/Red/Yellow. Reapply as needed during the race.

**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](http://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](http://TokoUS.com).

Racing - Service