

McNeil Canyon Elementary School, Homer, AK Saturday, March 13 8 A.M.

50K/100K - Your choice of Ski/Bike/Run

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

Forecast/Conditions: Overnight low around zero F, snow temperature at start near 5F, well-groomed clean snow. Partly sunny on Saturday with increasing clouds later in the day. High temperature of 17 air but snow temperature unlikely to change much during the race.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Spray on Base Performance Blue Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing BP Blue Hot Wax, apply another layer of BP Blue Hot Wax, scrape and brush.

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 between layers.

Structure: A medium universal Stonegrind covered by one light pass with the Blue Structurite tool after scraping and brushing the final BP Hot Wax or before spraying BP Liquid will best suit these conditions.

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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 an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.