



McNeil Canyon School and Caribou Hills, Homer, AK Saturday, March 11 8 A.M.

50K/100K, Free technique ski (can also bike/run) Mass start, 1 lap

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

Forecast/Conditions: Clear overnight, with a low around 13. North wind around 20 mph with gusts as high as 25 mph. Temperature at start in high teens, clean/older snow transformed by sun but freshly groomed just for this race so potentially several soft trail sections. Temperature later approaching high 20s, clear skies, some dirt off spruce trees possible in wooded areas.

Glidewax: Apply High Performance Red Hot Wax, scrape and brush. Spray on HP LP Yellow, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, then apply HP Red Hot Wax/HP Yellow Hot Wax mixed 1:1, scrape and brush.

Gripwax: There is not a set classic track. 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. Will need to reapply (potentially Red/Yellow mix) for 100K course.

Structure: A wet, crossed structure covered by one pass with the Red Structurite tool followed by one pass of the Yellow Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP 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 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.