



ENERGY | HYDRATION | RECOVERY

HIGH5 EVENT SUPPORT PROGRAMME





HIGH5 have been a leading supplier of sports nutrition to the events industry for over 25 years. Since HIGH5 first started creating nutrition products for athletes we recognized the importance of supporting sports at both grass roots and elite level. We believe that mass participation events are an integral part of sport today, they reflect our core values and are at the heart of everything that we do.



Why Sports Nutrition?

For endurance exercise the most likely contributors to fatigue are dehydration and carbohydrate depletion. The right sports nutrition will give your participants the boost they need to have a great day and achieve their goals.

Why HIGH5?

All our products are designed to help you reach peak performance, using only natural flavours. We also pay particular attention to the consistency of the product to ensure that it is light on the stomach and suitable for race conditions. HIGH5 products are race proven to boost on the day performance and taste great!

By joining the HIGH5 Event Support Programme you can get our products in suitable event quantities at unbeatable prices to support your participants on race day. Best of all it's as easy as doing your usual online shop. HIGH5 are already the nutrition supplier at over 500 events in the UK every year. Join us today.



CHAMPIONS OF TASTE



TESTED BY PROS



**SCIENTIFICALLY
FORMULATED**



**OVER 25 YEARS
EXPERIENCE**



How it works



Confirm your interest by completing the enquiry form on the HIGH5 website



Complete the registration form we send to you.



Activate your account at www.highfive.co.uk



Start placing orders.



Available Products

KEY:



Energy Drink 2.4kg Event Tub

Great for keeping hydrated and energised for endurance performance.

Minimum order: 1 Tub.



Energy Drink 47g Sachet

Great for keeping hydrated and energised for endurance performance.

Minimum order: 180 Sachets.



Energy Gel 47g Sachet

A convenient, fruity gel which delivers carbohydrate straight to your muscles during exercise.

Minimum order: 150 Sachets.



Energy Gel Aqua 66g Sachet

Liquid energy gel which delivers carbohydrate straight to your muscles during exercise.

Minimum order: 100 Sachets.



Energy Bar Bite Size 25g

An easy to chew, great tasting cereal bar filled made with a blend of simple & complex carbs.

Minimum order: 150 Sachets.



ZERO Bulk 200 tablets pack

Light & refreshing sugar free electrolyte drink.

Minimum order: 10 packs (2,000 tabs).



Recovery Drink 60g Sachet

Promotes recovery after sport.

Minimum order: 150 Sachets.



Energy Gummies Pack of 3

Chewy gummies, bursting in berry flavour and boosting in energy.

Minimum order: 400 Packs.



ZERO Double Tablet Pack

Light & refreshing sugar free electrolyte drink.

Minimum order: 500 Sachets.

Product Recommendations

We have been providing on-course nutrition to a wide range of different events and distances and have gained a lot of experience in how best to feed athletes on event day. Here are some of our recommendations.



Sportives

Providing **Energy Drink** at feed stations is usually considered an essential. You can pre-mix this so riders can easily top up their drink bottles. **Energy Bars** are also popular with riders to provide energy and substance, especially for longer distances. **Energy Gel** tend to be preferred deeper into the ride for a final push.

The quantities required depend a lot on the distance of your sportive but for a typical 70 mile sportive, we would typically recommend taking sufficient product to provide each participant with 1x bottle refill, 1x Energy Bar, 1-2 Energy Gel. As the distance increases, the more often riders will be looking to top up their nutrition.



Triathlon

Most triathletes are self sufficient for shorter bike legs but for Olympic Distance and further, we would recommend providing **Energy Drink** at feed stations. For longer distances, it's also good to offer **Energy Bars** and **Energy Gels** to top up energy stores.

For the run leg, **Energy Gel Aqua** and **ZERO** are popular with triathletes, even at shorter distances. For longer distances, regular feed stops are recommended. Caffeinated products can offer an additional boost towards to end of the race.



Half Marathon and Marathon

ZERO is the preferred drink by runners. It's light and refreshing and we recommend offering this alongside water.

For an energy boost during the run, provide **Energy Gel Aqua** on course. We would recommend 1-2 gels per participant for a Half Marathon and 2-3 gels for a Marathon.



10km Running

If you have a drinks station at your 10k race, then **ZERO** would be ideal. An **Energy Gel Aqua** is popular as a pre-race goody bag/hand out at registration.



Goodie bags

HIGH5 products are a great way to give your participant added value in their goodie bag. **ZERO Doubles**, **Gels**, **Bars** and **Energy Gummies** all make a great addition to a post race goodie bag. For long distance races a **Recovery Drink** sachet is a really good option to help athletes get that much needed protein straight after the race.



highfive.co.uk

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