

HIGH5

SPORTS NUTRITION

High 5 is the UK's leading producer of sports nutrition products. As a multi award winner in Europe for the best nutritional products year after year, they bring you a superior range of bars, drinks and gels to suit a wide variety of activities. High 5 products combine the latest research with the highest quality ingredients to bring you functional food that works and tastes great. All products are regularly race tested in the toughest competitions around the world.

Six Foot Track Training Tips

Tips	Using High5
Breakfast 800 - 1000 calories	Use 2 x High5 bars plus Energy Source with 500ml of water
Carbo Loading Start 3 days out with <ul style="list-style-type: none"> 1st day – 750ml 2nd day – 750ml x 2 3rd day – 750ml x 3 (750ml includes 5 scoops of High5 energy source) 	Carbo load using High5 economical neutral EnergySource or flavoured EnergySource. (Pref. Neutral flavor, less sweet)
During run <ul style="list-style-type: none"> Consume 1 ltr/hr of fluid replacement drink plus Consume approx. 300 calories or 65gm of carbohydrates/hr (typical for approx. 65kg athlete). Consume caffeine, ie H5 gels or energy kick after 25-30km 	Fluid /carbo replacement using High5 Isotonic Electrolyte replacement drink or EnergySource. Carbo replacement using High5 EnergyBar and / or SportsBar and EnergyGel. (powder or sachet)
Recovery High5 Protein shake powder consumed within 30 minutes of exercise (available in milk or water mix flavours) or High5 Protein Bars. Energy kick will not be available on course. Orange isotonic fluid replacement will be supplied on the course. All products are available at Fastgear Australia contact details as below.	

OTHER HIGH5 ACCESSORIES

Energy Kick Pure mountain spring water with complex carbs, caffeine and guarana to give you that extra kick of energy when you most need it.

TrailBelt Bottle and utility belt for running, biking & hiking.

EnergyBelt Utility belt for endurance training and racing.

Protein Shaker

Available from Fastgear Australia
 Phone: 02 9365 0409
 Mobile: 0408 249 106
 Inquiries: fastgear@bigpond.com



Proud nutritional sponsor of the

SIX FOOT TRACK



EnergySource is a powdered high carbohydrate drink mix, designed for serious training and competition. Its unique blend of carbohydrates (glucose polymers) is high in energy, light on the stomach and rapidly absorbed. Setting the standards for high carbohydrate drinks, it is the choice of elite athletes.



EnergyGel has already been proven by leading athletes in some of the toughest races around the world. This next generation of gel acts amazingly quickly for long lasting energy. Optimum performance requires the maintenance of blood glucose as well as muscle and liver glycogen which is why its carbohydrate content has been specifically selected. Each lightweight sachet of **EnergyGel** contains a single shot of pure clean tasting carbohydrate energy. It is super smooth, doesn't "glue up" the mouth and easy on the stomach when you are racing hard. The mouth watering real fruit juice flavours are just fantastic!



EnergyGel bulk powder is made from the same award winning and race proven carbohydrate as ready-to-use EnergyGel sachets. Bulk powder offers cost effective solution for bigger users of gel.



High5 Isotonic is designed to provide the fastest possible fluid replacement and maximum possible delivery of carbohydrate energy when training or racing in hot conditions.



ProteinBar is designed for use immediately after exercise. It has a perfect balance of high quality protein, is low in fat (<8%) and tastes fantastic.



EnergyBar is low in fat (<2%), and formulated with a perfect balance of simple and complex carbohydrates from real fruit and grains. EnergyBar provides a quick and long lasting energy boost.



SportsBar is low in fat (<8%) and high in carbohydrates. Based on the same award winning technology as **EnergyBar**, with a thin chocolate coating, **SportsBar** brings new levels of taste to the performance bar market.



Protein Recovery is a powdered protein and carbohydrate drink mix that accelerates recovery. It contains the highest quality bio available. Whey protein to build muscle; combined with rapidly absorbed carbohydrates to re-energise tired muscles and fuel the body's recovery process; and glutamine to help boost the immune function.



Protein Pure Powder contains 100% whey protein with glutamine (no carbohydrate), designed specifically to boost muscle development.



High5 Joint Protection FASTS FORWARDS the body's repairing process. Sport can cause high rates of wear and tear on connective tissues (cartilage, tendons and ligaments). Joint and connective tissue can be damaged faster than it can be repaired, which can ultimately lead to injury. This is where **High5 Joint Protection** is essential. A natural product, it contains maximum strength micronutrients; the building blocks of strong cartilage, tendons and ligaments; and anti-inflammatories to help reduce swelling and inflammation.



High 5 Sport Drinks, gels, bars



In order to make the most of your run at the Six Foot Track Marathon, it is strongly recommended to try out some of the High 5 electrolyte drinks, gels and bars that will be available during the event. We are very much appreciative of runners that support our key race sponsors. Thank you.

On the day High 5 will provide:

- Isotonic Drink in Orange or Citrus
- Energy Gels in mixed flavours: Orange Citrus, Blackcurrent, Raspberry, Banana
- Energy Bars in mixed flavours: Citrus, Banana, Wild Berry & Coconut

High Five will also be available at the race check-in at The Edge Cinema, Katoomba on Friday 9th March 2007 for trial/purchase of items.

TO ORDER RING (02) 9365-0409 or 0408-249-106 or email fastgear@bigpond.com or see the website at : www.highfive.com.au

Item	Size	Flavours	SPECIAL Six Foot Price (Inc GST)
Energy Bar	65 Gms (25/Box) (NEW!)	Under 2% Fat Banana Non Choc Citrus, Coconut, Berry	\$68.00
Sports Bar	50 Gms (25/Box)	All Choc Coated : Caramel, Berry, Raisin, Banana, Orange	\$65.00
Protein Bar	50 Gms (25/Box)	All Choc Coated : Orange, Mocha, Ch Mint, Banana/Vanilla	\$68.00
Protein Recovery	1.0KG Drum	With Glutamine :Banana, Citrus, Chocolate, Berry, Vanilla	\$48.00
Protein Pure	800G Drum	Chocolate, Vanilla	\$58.00
Prot Rec Sachet	65g(18/Box)	Choc Or Van	\$50.00
Iso Electrolyte Drink	2.0kg Drum	Citrus, Orange, Berry	\$60.00
Iso Electrolyte Drink	60 Gms (20/Box) Sachets	Citrus, Berry, Orange	\$45.00
Iso Electrolyte Drink	650g Drum	Citrus, Berry, Orange	\$25.00
Energy Source Sachet	50 Gms (20/Box) Box/Sachet	Citrus, Berry, Orange, Tropical	\$40.00
Energy Source	600 Gms Drum	Citrus, Berry, Orange, Tropical	\$25.00
Energy Source	1.4 Kg Drum	Citrus, Berry, Orange, Tropical	\$45.00
Energy Source	2.0kg Eco Bag	Neutral	\$45.00
Energy Source	2.0kg Eco Bag	Citrus, Berry, Orange, Tropical	\$50.00
Energy Gel Sachet	26g 30/Box	Banana, Berry, Citrus, Orange, Blackcurrant	\$50.00
E Gel Sachets	Caffeine Versions	As Above	\$65.00
Energy Gel Powder	600g Drums	Orange, Citrus, Berry	\$25.00
Energy Gel Flask	On Disp Header, No Gel Incl		\$5.00
Protein Shaker			\$10.00
Joint Protection	120 Tabs		\$40.00
Co Enx Q10	30mg 100 Tabs		\$40.00
Goodie Bag(H5) Bento Box			\$35.00
High5 Energy Belt			\$25.00
Drinks Bottle	500ml & 750ml	Red, Clear	\$7, \$9

High 5 is also available at a large number of bike stores in the Sydney area:

Eastern
 Inner city cycles
 Woollys wheels
 Cheeky monkey
 Albion cycles
 Pedal pushers
 Run for your life
 Maroubra cycles

City
 Paddy Pallins
 Inner City Cycles
 Cheeky Monkey
 Cycles

North
 Bike addiction
 Le spit cyclery
 Broovale cycles
 Supreme cycles
 Renegade cycles
 St ives cycles
 Manly cycles

South
 Endeavor cycles
 Chain reaction
 Kiama cycles
 Spearmans cycles

West
 Bikezone penrith
 Ashfield cycles
 Abc cycles
 Blackmans cycles
 Bike barn parramtta
 Campbelltown bike
 barn
 Liverpool cycles
 Universe cycles