

BENEFITS & SPECIAL OFFERS
FOR CTC MEMBERS

Member Benefits

High5 sports drink offer BENEFIT HIGHLIGHT

HIGH5 SPORTS NUTRITION

High5 is the official nutrition supplier to CTC Challenge Rides and Sportives, providing advanced carbohydrate and protein drinks for increased endurance and total recovery after hard exercise. High5 Sports Nutrition contains protein to build lean muscle and rapidly absorbed carbohydrate to re-energise tired muscles.

ZERO TABS

Zero is the new electrolyte drink from High5: it's virtually calorie free (1.4 cal per 100ml), has a light refreshing taste and is packed with essential electrolytes to boost your performance.

Researchers have found that simply drinking Zero instead of a normal carbohydrate sports drink, 22 participants burned on average 41% more fat during exercise. (Independently tested by the Faculty of Biomedical and Life Sciences, University of Glasgow)

Zero is easy to use. Drop a tablet in your bottle and it dissolves in water to give you a delicious, refreshing, advanced electrolyte drink with added magnesium. The small recyclable tube contains 20 tablets and makes 15 litres of drink in your own sports bottle, which means optimal hydration with less waste so it's good for the environment too.

Zero is an essential part of any anti-cramp strategy as it contains sodium, potassium, magnesium and calcium.

Zero is perfect for runners, cyclists, hikers, the gym, pro athletes, footballers, racket sports or anyone who wants to stay active and hydrated.

■ For a limited time CTC members can buy a special pack consisting of a High 5 bottle and 2 packs of High 5 Zero tabs, retail value of £20.00, for just £10.00 delivered. Call CTC membership services on 0844 736 8451.

HIGH5
SPORTS NUTRITION



JOIN NOW!

Membership rates

Adult (18 & over)	£39
Family (family members living at the same address)	£63
Junior (18 & under)	£15
Student (19-26)	£15
Senior (65 & over)	£24
Adult 5-Year	£156 (1 yr free)
Senior 5-Year	£96 (1 yr free)

JOIN NOW ON 0844 736 8451 OR VISIT CTC.ORG.UK

Your CTC membership

CTC membership includes a wide range of exclusive benefits for all cyclists, including:

01 £10m third party insurance if you have an accident anywhere (except the USA and Canada) and a claim is made against you. Call the CTC Accident Line on **0844 736 8452**.

02 Campaigning for cycling on local and national issues.

03 An award-winning bi-monthly cycling magazine, Cycle.

04 Great discounts on cycling products and services.

05 CycleClips – an informative weekly e-newsletter. Call the Membership Department on **0844 736 8451** or email membership@ctc.org.uk to register.

06 Access to over 200 CTC groups and hundreds of local

and national events. See ctc.org.uk or Cycle magazine for details.

07 Touring information and advice on any non-technical aspect of cycling. Call the Information Team on **0844 736 8450** or email cycling@ctc.org.uk

08 Technical advice from CTC's world-renowned expert. Call **0844 736 8450** or email technical@ctc.org.uk with your queries.

09 Access to a wide range of cycling holidays all over the world. Call **0845 045 1121** or see cyclingholidays.org

10 Cycling related claims advice from CTC's experienced legal team. Call **0844 736 8452**.

Special offers for CTC Members

12% discount on bikes and accessories at the CTC Shop: ctcshop.org.uk

15% off Cotswold Outdoor clothes/camp kit cotswoldoutdoor.com, 0844 557 7755. Quote AF-CTC-M7

3 months' free car breakdown cover for new members of ETA: eta.co.uk/ctc, 0800 212 810
CTC Travel insurance for cyclists: cyclecover.co.uk, 0844 736 8458

25% off a YHA membership (new members only). Call 01629 592700 quoting your CTC membership number

CS Healthcare 2 months free when you apply online. Discount code 166

Vacansoleil Holidays 10% discount in low season, 5% discount in July and August. 335 campsites throughout Europe in 16 countries. vacansoleil.co.uk

or call 0333 700 50 50

Cycle rescue if your bike is stolen or broken: ctc.org.uk/rescue, 0800 212 810

CTC Clothing, a full range of branded clothing available exclusively via impsport.co.uk, 01522 778 805

For the full list of CTC member benefits, visit the website ctc.org.uk/memberbenefits