## "PIERRE'S RUNNING RACE EXPERIENCE"

BEFORE THE RACE

## **Anxious**

"Did I take enough water?"

Sometimes forgets to pack enough water

DURING THE RACE

## **Focused**

"I need to stay hydrated"

Finds it difficult to drink while running

AFTER THE RACE

## Relieved

"I feel exhausted, but better now"

Feels drained