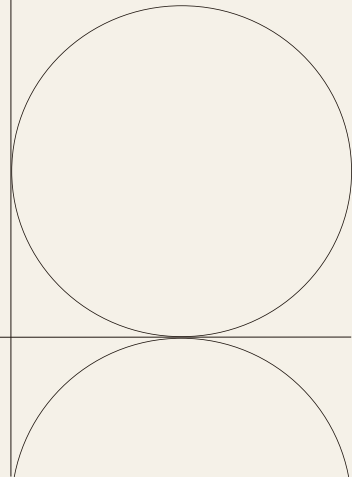








Runners' Hydration Experience



 Anaelle, Guillaume	Runners need a comfortable and lightweight solution to carry water.
 Antoine, Guillaume	Poor hydration preparation before the race negatively affects performance.
 Anaelle, Guillaume	Some runners forget to bring water or underestimate its importance.
 Anaelle, Antoine, Joe	Runners face difficulty managing hydration during long runs.
 Joe, Guillaume	Lack of listening to the body leads to loss of focus and decreased performance.
 Antoine, Guillaume	Hot weather makes hydration management harder.