

## CONTRASTING PERSPECTIVES: RUNNERS' EXPERIENCE.

**1.** Runners learn from past mistakes: Would never go on a backpacking trip without accessible water again (Nathan)

**2.** Runners face various challenges: Suffered from hypothermia during a 34-hour race (William)

**3.** Receive sponsorship for equipments (William)

**4.** Engages in other sports alongside running (Guillaume, Nathan, Joe, Guillemette, Antoine, Anaëlle)

**5.** Manages hydration during races (Guillaume, William)

**6.** Emphasizes post-run hydration (Guillaume, Guillemette)