

CONTRASTING PERSPECTIVES: RUNNERS' EXPERIENCE.

1. Doesn't drink water before a race because it hurts the stomach hurts (Nathan, Anaëlle)

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

2. Run races with friends or peers (Joe, Nathan, Guillaume)

5. Manages hydration during races (Guillaume, William)

3. Runs several times a week (Joe, Nathan, Guillaume, Anaëlle, William)

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