

Insights

- did a water related activity besides running (Antoine, Guillemette, Joe, Nathan, William).
- drinks coca-cola product to help with energy(Guillaume, William).
- Doesn't drink too much right before the race because it hurts my stomach (Antoine, Nathan)
- participated in full marathon(Guillaume, William).
- didn't do many races because of covid (Anaëlle, Antoine).
- Runs several times a week on regular basis (Guillaume, Joe, William, Anaëlle)