

## Hydration Insights: Strategies and Challenges for Runners

- Hydration management is often poorly handled (Nathan, Joe)
- Importance of salt and electrolytes during races (William, Nathan)
- Doesn't drink too much right before the race because it hurts my stomach (Nathan, Joe)
- Pre-race hydration strategies include drinking a lot the day before (Joe, Nathan)
- Post-race hydration is crucial, and athletes often feel very thirsty afterward (Nathan, William)
- Runs with friends or peers, enhancing awareness of hydration needs (Joe, Nathan, William)
- Mental focus on hydration during races is essential; dehydration affects clarity of thought (Nathan, William)