

PROBLEM STATEMENT

1. *How might we help Pierre track his hydration levels effectively during the race to ensure he stays hydrated at all times?*
2. *How might we ensure Pierre has easy access to water during his long runs, even in remote areas?*
3. *How might we educate Pierre on when and how to hydrate before and after the race for optimal recovery?*
4. *How might we design a hydration solution for Pierre that balances water, electrolytes, and carbohydrates for better endurance?*
5. *How might we prevent dehydration-related fatigue by helping Pierre make the right hydration choices on race day?*
6. *How might we create a hydration routine for Pierre that takes into account different weather conditions and their impact on performance?*
7. *How might we ensure Pierre doesn't forget to hydrate during the race due to distractions or fatigue?*