

# ATHLETE-KEEP-HYDRATED

## User Interviews



### Importance of Hydration for Endurance Events:

**Guillaume, Guillemette, Joe, Nathan, William, Anaëlle**  
Insight: Many runners, like Guillaume and Joe, learned the hard way that staying hydrated is crucial, especially during long-distance races. William emphasized using different hydration strategies like carrying salt tablets and adjusting for conditions. Anaëlle realized the necessity of drinking small sips and never running without water in hot weather.

1

2

### Balancing Pace and Energy Management:

#### Joe, Nathan, William

Insight: Joe and Nathan struggled with exhaustion after starting their races too fast, emphasizing the importance of pacing. William highlighted how critical energy management is, particularly in ultra-trail running. All three agree that steady, well-planned pacing helps avoid burnout.

3

### Long-Term Preparation and Training Consistency:

**, Guillaume, Anaëlle**  
Insight: Effective race preparation involves regular, consistent training over time. William follows strict training cycles to prepare for ultra-marathons, and Guillaume trained regularly leading up to his race. Anaëlle works with a coach to improve her performance gradually.  
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### Experience Teaches Race-Day Lessons:

#### Guillemette, Joe, Nathan, William

Insight: Learning from past mistakes is essential for future race success. Guillemette found that running without adequate preparation led to unnecessary struggles, while Nathan emphasized prioritizing enjoyment over competitiveness. William's ultra-running experiences taught him to manage variables like salt intake carefully.

5

### Mental and Social Aspects of Running:

**Guillaume, Joe, William**  
Insight: Running has mental and social benefits. Guillaume prefers running socially for motivation, while Joe uses it for mental health. William enjoys the camaraderie in races like the Backyard Racing Championship, where social interaction is a significant aspect.

6

### The Dangers of Dehydration:

#### Nathan, William

Insight: Dehydration can have severe effects, like confusion and physical weakness. Nathan experienced this during a bike trip, and William faced dehydration during intense races, reinforcing the need to plan hydration carefully and carry necessary supplies.