

## Transcription interviews – target *on the bike*:

### Interview partner Marcé, 27, Fitness trainer

You arrived here to the beach by bike. Have you ever encountered any difficulties to drink water while cycling?

*»Yes, I don't like that I cannot look at the street when I reach down for the bottle in the bike's bottle holder on the frame between my legs. Especially when having cars around I don't feel safe.«*

Do you think that it is necessary to drink while cycling?

*»Yes, certainly it is. For your circulation it is quite important to stay hydrated. In order to lose weight it is also of high importance to stay hydrated when cycling – otherwise the body gets into distress. I recommend to drink regularly even on short rides.«*

How come that you know all these details?

*»I work as a trainer for people who want to become fit – basically fitness training. I cycle for pleasure and I regularly participate in non-professional triathlons.«*

How do you personally stay hydrated when exercising?

*»I use the “Delany-plus”-belt. It is a belt holding a bottle and give me the opportunity to carry small items with me safely. For longer rides I have a hydration pack.«*

What is that?

*»It is a small backpack with a drinking hose. It is very easy handy, but honestly I don't like how I look like using it. I feel a bit silly sometimes.«*



### Interview partner Francesca, 25 Student

Have you ever experienced any difficulties to drink while cycling?

*»Well no, because I never have something to drink with me. I somehow think it's not very handy while cycling.«*

Let's assume there would be a handy bottle holder/opener for bikes. Would you consider using it.

*»It depends. If I wouldn't lose focus on traffic, maybe. However sometimes, when it's very hot, it would be nice to take a sip at a red traffic light.«*

