

# You Know You're a Triathlete if . . . by John Lierle

- You can have a serious conversation with a member of the opposite sex about nipple chafe.
- You consider the debate over of draft legal racing one of the most important issues of our time.
- You are actually interested in the mile by mile recap of the fairly innocuous question. . . . “So, how was your race?”
- You check the race schedule before planning your next family vacation.
- You answer the question: “So, how much do you workout?” with: “Oh, twice a day, if I have the opportunity”
- You say you went to a race last weekend...and when a friend responds "Running or biking?" you are again forced to explain....
- The idea of bonking is, in some strange way, slightly appealing.
- A three-hour brick workout is a refreshing break form your normal workout regimen.
- You know the exact day “Inside Triathlon” arrives in your mailbox.
- You buy a new bike more often than you buy a new car.
- Your idea of a romantic evening is to snuggle with your sweetie, sip Gatorade and watch a video of Ironman Hawaii. . .and you cry at the end.
- You have been known to scale the fence of a closed pool and swim laps very early in the morning
- You can use the words "hammer" and "brick" in a conversation that has nothing to do with construction.
- You only tackle home improvement projects during taper weeks.
- You are convinced that if you rest more than one day, your muscles will atrophy and everyone in your age group will beat you.
- You are sick to your stomach at 2:00 in the morning and you check the Pepto Bismol bottle for caloric content.
- Your bed-time reading material consists of a pile of: Inside Triathlon; Triathlete, VeloNews, Runners World, etc.
- You can't decide what tee shirt to where to your next race
- You think about having sex, but you don't want it to effect your morning run splits.
- You wear your bathing suit under your work clothes to make a fast transition from work to swim on your lunch hour.
- Somebody hands you a cup of water and you have to restrain yourself from pouring it on your head.