

You're an Ugly Triathlete if:

- People who think you're an ugly triathlete are always wrong.
- You know more than most.
- You voluntarily tell others how to get better.
- Pointing out others' weaknesses in their sport before encouraging them with their successes, strengths, and what they do right.
- Only earning All-American status really matters.



- You think the sport is full of wanna be pros.
- Teammates are competitors, not someone you can learn from to get better.
- All others lose when you win.
- You don't, or at best reluctantly, acknowledge competitors' successes.
- You diss others who are not of your caliber.
- You don't think anyone is of your race caliber.
- The stories you tell focus only on your race or any other previous races you did.
- Your enemies outnumber race finishers.
- Whatever bad happens to you is the other guy's fault.
- You're never responsible for a poor triathlon race performance.
- You tell others how good a triathlete you are in the first 15 minutes of meeting them.
- You use brownnosing of the RD to gain an edge.
- You think you're the best triathlete and all others are MOP to BOPer's.
- Telling others everything you know about the sport and never listening in return.
- You always have an excuse for a poor race. (If you need one, see "Alibis" on the *How to Tri for Fun* page).
- You talk down to other triathletes.
- You don't thank volunteers for enabling your sporting addiction.
- You think you do the sport all on your own.
- You think the officials are always against you.
- You think anyone who beats you is on PED's.
- You think the IM tattoo on your calf is the best ink in the world.
- No one wants to rack their bike beside yours.
- You are on PED's.
- You draft.
- You don't care if you piss off others at the risk of having poor race performances.

To recap: You're an ugly triathlete if you didn't identify to anything listed above.....

Don't be one of those guys.