



The Laws of Triathlon

Volker Winkler, Robyn Hatler

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Just as triathlon is a combination of three sports, “The Laws of Triathlon” has three components. These are mixed throughout the 140.6 laws. The main ingredient consists of the unwritten laws - those rules of a culture that if violated result in public shaming rather than a time penalty or DQ. This is spiced with anecdotes or references that help illustrate the consequences of straying from the “Laws.” Finally, sprinkled throughout are some jabs at our OCD cycling buddies. Similarly our intended audience includes three groups. There is a fair amount of basic information for those new to the sport and their inquisitive friends/family. We also provide multiple references for the veterans who wish to delve deeper. Thirdly, we kept some basics very simple for the cyclists. On a final note, if struggling in life or a race, Law # 0.6 will see you through to your next destination.

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