

#2 Go Commando. Series: Things I Wish...



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Jul 7, 2008

With help from Cosmo Kramer & Joey Tribbiani I found freedom as a triathlete. And you can too!

Visit <http://ironmakeover.blogspot.com/2009/03/go-commando-things-i-wish-i-knew.html>

Then weigh in here.

Tell me. Commando? Or no commando?

Sara

update- debrief me people! thoughts on the commando principle?

Tags: cycling, commando, kramer



[Barry11](#) 284 posts since

Dec 5, 2007 1. **Re: #2 Go Commando. Series: Things I Wish I Knew as a New Triathlete.** Mar 15, 2009 5:46 PM

Commando.

#2 Go Commando. Series: Things I Wish...



[PrepareToTri](#) 25 posts since

Mar 24, 2008 2. **Re: #2 Go Commando. Series: Things I Wish I Knew as a New Triathlete.** Mar 23, 2009 9:33 AM

Ah Yes, wish I could comment but I only know one way - Commando. Once I realized I had to throw pride out the window and go spandex in public underwear just just seemed to be one more thing to get in the way.