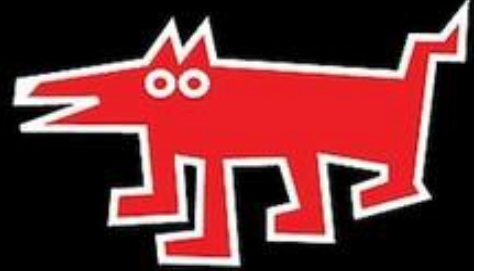


JAN 23

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Tony Cowan for being selected as Red Dog's Athlete of the Month for December 2022.

Tony wins this month's award for taking out his match up at the Raby Bay Rumble and the positive attitude he brings to every session. Well done!

A big thank you to our sponsors for donating this month's prizes.

[Read More](#)

SPONSOR SPECIAL

Need to kickstart your nutrition goals for 2023?

New customers who book an initial session with Kate Feely from Fitness with Food in January 2022 will receive \$20 off their first review session.

Returning customers can receive \$20 off a review session in January 2022.

www.fitnesswithfood.com.au



Red Dog has developed a number of strategic partnerships with product and service providers that directly benefit members with a range of discounts and special promotions.

Taking advantage of these offers helps Red Dog further develop these relationships and negotiate even better benefits for members in the future.

Please support our sponsors where possible and provide feedback on your experiences to ensure they continue to deliver quality products and services to our members.

RED DOG TRIATHLON TRAINING CHRISTMAS TIMETABLE



Normal training sessions (as per the website) will resume from 16 January 2022.

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool UQ: UQ Gravel Track NF: New Farm Park (sports field parking lot)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 - 8 Jan	am	Public Holiday	Run UQ 4:30-5:30 UQ 5:30-6:30 NF 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00	
			Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 -		
9 - 15 Jan	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30 NF 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00 Ship inn 5:00-8:00	
	pm	Swim VP 12:00-1:00 - VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00 - VP 6:15-7:15	Swim YP 12:00-1:00 -	Swim VP 12:00-1:00		

SESSION CHANGES

There will be no squad sessions on Thursday 26 January 2022 due to the public holiday.

RDTT TOGS

Dive into a new pair of RDTT budgy smugglers for summer!



Mens - \$60

Womens (thin strap, one piece) - \$90

Please contact Trent for available sizes

[Budgy Size Chart is available online.](#)

RDTT MERCHANDISE STORE OPEN



Merchandise orders are open now and close at the end of the month on the Champ-Sys Team Store. Please login using your existing details or set up a new account using the login RTT and password RTT.

BLAST FROM THE PAST



[AOTM August 2019 Damien Thompson](#)

RDTT PRIVATE FACEBOOK PAGE

RDTT has a 'Members Only' Facebook page to communicate member specific information such as training instructions during COVID-19 lockdowns.

To join, click on the link below, noting you need to be a current RDTT member to be granted access.

<https://www.facebook.com/groups/reddogtriathlontrainingmembersonly/>

RED DOG SOCIAL MEDIA

Do you follow the club on Instagram and Facebook yet?

Check out the club's pages for all the best photos from events, training and races!

Click on the links to follow! [Facebook](#) [Instagram](#)

If you have RDTT photos to share, please send to reddogtriathlon@optusnet.com.au and get yourself featured on social media!

YOUR DETAILS

To update your contact details, please [email us](#) or do it [online](#).

You can view our privacy policy [here](#).
