



Email RDTT Newsletters will be phased out by 30 June 2020.  
Newsletters are now posted on the [website](#) under *GENERAL > Newsletters* at the start of each month.

## ATHLETE OF THE MONTH



Congratulations to Lara Condon, AOTM for February 2020.

Lara wins for her commitment to training and consistent positive attitude. Well done!

A big thank you to our sponsors [the Brow Bar](#), [No More Knots](#), [All Hose and Valves](#) and [AvantiPlus the Valley](#) for donating this month's prizes.

[Read More](#)

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## MARCH SPONSOR SPECIALS

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.



[Endura](#) is offering RDTT members 20% off all products online. [Click here to access the store.](#)

[Mizuno](#) is offering RDTT members 20% off RRP on all Mizuno products purchased at [Shoes Feet Gear](#) using the discount code RD2020.



Please present your Red Dog membership tag for your discount.



## NIGHT RIDE

6:15-7:45pm on the second Friday of each month.  
March's ride is River Loop, departing from and returning to the Ship Inn, Southbank.

## MERCHANDISE ORDER DELAY

Champion Systems is operating at reduced capacity due to the worldwide impact of Corona Virus 2019-nCoV. As a result, orders scheduled for February and March may be delayed.

Chris Reynolds, Managing Director Champion Systems - "Delaying our delivery due to the current issues is not ideal, however, the health and wellbeing of our colleagues, not to mention the control of this virus globally, is paramount at this time – we are doing all we can to handle the situation and sincerely apologise for the delay and inconvenience this has caused".

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## **AIS 2019-nCoV RECOMMENDATIONS**

### **What to do if you become unwell – illness in general:**

If you become unwell prior to travel, it is recommended that you organise a review with your GP prior to travel, to ensure it is medically safe to travel.

If you become unwell and are due to train, it is recommended that you do not attend training, and organise a review with your GP to ensure it is safe to train and minimise infectious spread.

### **What to do if you become unwell and are concerned you may have coronavirus:**

Coronavirus presents as a mild cold like illness in the majority of people. If you have a known exposure or have travelled to an area of high or moderate risk, and have a fever, shortness of breath, or flu like symptoms (including cough, sore throat, fatigue) or any other concerns please isolate yourself, and phone your General Practitioner or Hospital Emergency Department, and notify them prior to attending a review.

### **How to minimise risk:**

Good hand hygiene is likely the single most effective method for reducing the risk of spread of viral illness.

#### **Good hand hygiene should include:**

- washing hands and/or use of hand sanitiser
- Avoid touching your face, particularly eyes, nose and mouth, with unwashed hands
- Cough or sneeze into a tissue (where possible) and wash your hands afterwards
  - Avoid close contact with others, such as touching or shaking hands
- Clean your tray table and other surfaces with hand sanitiser, antibacterial wipes, or a cleaning spray
- While travelling, if someone is unwell on the aircraft near you, you can notify the flight attendant, in case they are able to be moved

Please read this [link](#) regarding how to wash hands

In relation to hand sanitiser, it is recommended to use an alcohol based product (with 60-95% ethanol or isopropanol). Make sure to apply enough product to cover both hands thoroughly, front and back, and in between your fingers. Cleaning should take 20-30 seconds. If your hands are visually dirty please wash your hands.

If you would like further information regarding prevention, the Centre for Disease Control provides a good [summary](#).

Public health recommendations are that masks are not needed for illness prevention, unless you are a healthcare worker, or caring for someone with coronavirus. However, if you would prefer to wear a mask to minimise risk of illnesses spread through respiratory measures, it is recommended that you utilise a P2 or N95 respirator mask. Information regarding how to use these is provided [here](#).

More information on how 2019-nCoV may affect your sporting practises can be found on the [AIS website](#).

## FOOTY TIPPING

Dog members only footy tipping is back! \$20 competition - please place cash in an envelope with your name and competition on and give it to Trent before Round 2.

[NRL](#) Competition  
[AFL](#) Competition



Red per it

## SESSION CHANGES

There will be a reduced training schedule for 2 weeks in May as below.

4/5/2020-10/5/2020							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Public Holiday	Track - 530am - UQ	Bike - 5am - Ship Inn	Bike/Run - 5am - Milton	Swim - 515am - VP	Bike - 5am - VP	
AM					Swim - 515am - Corinda		
DAY			Swim - 12pm - VP				
PM		Swim - 615pm - Yeronga		Swim - 615pm - Yeronga			
11/5/2020-17/5/2020							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim - 515am - Corinda	Track - 530am - UQ	Bike - 5am - Ship Inn	Run - 530am - VP	Swim - 515am - VP	Bike - 5am - VP	Bike/Run - 6am - UQ
AM	Bike - 5am - Ship Inn				Swim - 515am - Corinda		
DAY	Swim - 12pm - VP		Swim - 12pm - VP		Swim - 12pm - VP		
PM	Swim - 615pm - Yeronga	Swim - 615pm - Yeronga	Swim - 615pm - VP	Swim - 615pm - Yeronga			

## ENTERTAINMENT BOOK UPDATE

Entertainment Memberships are now 100% digital which means a significantly simplified experience, reduces the impact on the environment and provides flexibility for members and merchants.



### Benefits of the App include:

- **User-friendly:** Instantly search and redeem offers or check out the Near Me tab to find offers, wherever you are.
- **Memberships start anytime:** Flexible start date, Memberships are valid for 12 months from when you activate (16 months if you take advantage of the Early Bird offer now on in Feb!).
- **New offers automatically added:** As soon as we sign a new offer, you get access to it. No more waiting for the next print run!
- **Multiple devices:** You can still share your Membership with your family. Encourage your partner and kids to download the App so they can access valuable savings when out.
  - **Convenient:** The App means that as long as you have your phone, you have your Membership too (no more lugging around the book).
- **Easy gifting:** We've made it simpler than ever to gift an Entertainment Membership – simply purchase from your chosen fundraiser and the gift Membership will be delivered instantly to your inbox

[Click here to get your entertainment book today!](#)

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## DATE CLAIMERS

Saturday 21 March 2020 - Red Dog Race Day - Eagle Farm  
Friday 27 - Sunday 29 March 2020 - Port Macquarie Training Camp  
Sunday 3 May 2020 - RDTT Targeted Ironman Race - Port Mac Ironman and 70.3

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## CUSTOMER PORTAL

The RDTT Customer Portal is the place to go for all your queries!

- see and update your customer/student **CONTACTS** and **EMERGENCY CONTACT DETAILS** and any relevant **MEDICAL CONDITIONS**

- see which **TIMETRIALS** have been completed up to December 2019.

Please refer to [RDTT Facebook Page](#) for the latest results to update your personal records.

A complete time trial history can be provided upon [email request](#)

- see any outstanding **INVOICES**, payments that have been applied from 1 January 2018

- see your **ATTENDANCES** and in which classes you typically attend by your enrolment each month

- see each student's **TRACKING PACKAGES** and balance AFTER payment of any outstanding invoices (student > view - at bottom of page)

See the [website](#) for more information.

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## COACH'S CORNER

### [Open Water Swimming Essentials](#)

6X Ironman Champion Dave Scott breaks down open water swimming essentials. This 8-part video series covers educational tips to help you become a better, and more efficient, open water swimmer.



[Click to access the first episode.](#)

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**BLAST FROM THE PAST**  
[AOTM DECEMBER 2015 Isaac Perry](#)



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**RESULTS**

[The latest time trial and Tuff Laps rankings](#) are now available.

The results show your best time over the last 12 months and are maintained for active RDTT members only.

[Best ever time trial results](#) since Red Dog commenced in 2008 are also available.  
See who is the Top Dog in each discipline!

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**UPCOMING EVENTS**

- 7/3/2020 - [Tweed Enduro](#)
  - 8/3/2020 - [QTS Series Round 7 Raby Bay](#)
  - 15/3/2020 - [Mooloolaba Triathlon](#)
  - 22/3/2020 - [Bribie Triathlon Series Race 4](#)
  - 22/3/2020 - [Kingscliff Triathlon](#)
  - 5/4/2020 - [Gold Coast Triathlon](#)
  - 5/4/2020 - [Tour de Brisbane](#)
  - 17/4/2020-18/4/2020 - [Julia Creek Dirt n Dust Festival](#)
  - 19/4/2020 - [Moreton Bay Triathlon](#)
  - 3/5/2020 - [Ironman](#) and [70.3 Port Macquarie](#)
  - 9/5/2020 - [Byron Bay Triathlon](#)
  - 9/5/2020-11/5/2020 - [Ultraman Australia](#)
  - 7/6/2020 - [Ironman](#) and [70.3 Cairns](#)
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## INSTAGRAM

Do you follow the club on Instagram yet?

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

If you have Red Dog training photos send through to [nikitaporth1@gmail.com](mailto:nikitaporth1@gmail.com) and get yourself featured on social media!



[Click here to follow!](#)

To update your contact details, please [email us](#) or do it [online](#).  
You can view our privacy policy [here](#).



[Customer Portal](#)



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SPORTS NUTRITION