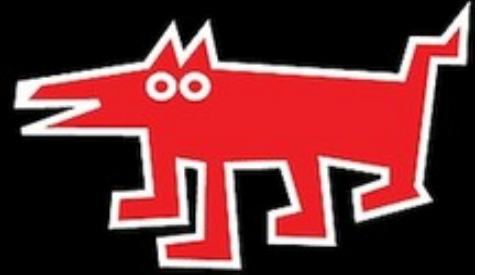


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Tom Heffernan for being selected as Red Dog's Athlete of the Month for January 2021.

Tom wins this month's award for his commitment to training, ticking off all but one of his programmed sessions this month. Well done!

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

Be sure to read this month's **Blast from the Past** featured below.

[Read More](#)

RDTT MERCHANDISE

The Champion System [RDTT merchandise store](#) is now open and closes at the end of February.

FEBRUARY SPONSOR SPECIALS



[Blueseventy](#) are offering RDTT members 20% off RRP when using the discount code REDDOG20



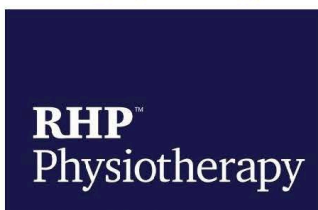
2021 MEMBERS' SPECIAL

1/2 PRICE ALTER G ANTI-GRAVITY TREADMILL CASUAL RUNNING SESSION

(up to 1hr including intro session with physio if required)
valued at \$26

To book an appointment

Please call us on 07 3856 5566 or email
admin@rhpphysiotherapy.com.au



T's & C's apply

T's & C's

- *Valid at Kelvin Grove clinic only*
- *Valid for RD TT Financial Members only*
- *Expires 30 June 2021*

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.

SESSION CHANGES

There will be no lunch squad at the Valley Pool on the following dates due to school carnivals:

Friday 5 Feb, Monday 8 Feb, Wed 10 Feb, Friday 12 Feb, Wed 15 Feb, Friday 19 Feb, Monday 22 Feb, Wed 26 Feb, Friday 5 March, Friday 26 March.

DATE CLAIMERS

8am 28 February – Open water swim at Enoggera Reservoir
20 March – RDTT Race Day at Eagle Farm
29 May – Trivia Night at Darling and Co

UPCOMING RACES

Hell of the West – 7 Feb 2021
Tweed Enduro – 6 Mar 2021
Mooloolaba Triathlon – 14 Mar 2021
Port Macquarie Ironman and 70.3 – 2 May 2021
Byron Bay Triathlon – 8 May 2021
Cairns Ironman and 70.3 – 6 Jun 2021

BLAST FROM THE PAST



[AOTM August 2017 Steve Mann *](#)

*Steve brought out the best in Tom Heffernan (January 2021 AOTM) during his time at Brisbane Boys College. Read his interview to find out the mystery behind 'the Mann'!

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!

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 nikitaporth1@gmail.com 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](#).
