

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Ty Mandrusiak for being selected as Red Dog's Athlete of the Month for January 2022.

Ty wins this month's award for his first ever podium performance at Robina and increased commitment to training in 2022. Well done!

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

[Read More](#)

SESSION UPDATES

Yeronga Swim Bike Run
6am Sunday 6 February 2022
Yeronga Pool

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

Monday 14th
Monday 21st
Friday 25th

There will be no squad ride on Monday 7 February 2022.

UPCOMING RACES

Tweed Enduro – 26 & 27 February 2022
Mooloolaba Triathlon – 13 March 2022
Hell of the West – 3 April 2022

DATE CLAIMER

Red Dog Race Day
From 12pm, Saturday 9 April 2022
Doomben Racecourse

JANUARY SPONSOR SPECIAL

\$20 Off
All Appointments!
Any treatment, any time!
VALID FOR THIS MONTH ONLY
Call us on 3891 6555
Red Dog Members or Ambassadors Only. Not to be used with any other discount or offer.

RED DOG TRIATHLON TRAINING  
No More Knots
— We'll straighten things out —

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.

RDTT MERCHANDISE STORE OPEN



Merchandise orders are open until 25 February 2022 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. Please click [here](#) to place your order.

BLAST FROM THE PAST



[AOTM September 2018 Casey Atkins](#)

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/reddegtriathlontrainingmembersonly/>

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](#).
