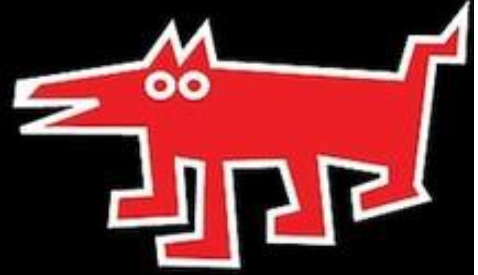


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Mark Melbourne-Walters for being selected as Red Dog's Athlete of the Month for January 2023.

Mark wins this month's award for his commitment to training 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](#)

BLAST FROM THE PAST



[AOTM September 2019 Keegan Jenkins](#)

SPONSOR SPECIAL

Buy 5 get 1
Free!

Buy any 5 x Pack of Massages (RMT/SNR/ADV)
and get a 6th treatment free!

VALID FOR THIS MONTH ONLY

Call us on 3891 6555 or see us in store

*Red Dog Members or Ambassadors Only. Not to be used with any other discount or offer *



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.

UPCOMING RACES

Ironman 70.3 Tasmania – 5 February
Tweed Enduro – 18 February
Ironman New Zealand – 4 March
Mooloolaba Triathlon – 11&12 March
Kingscliff Triathlon – 19 March
Hell of the West – 26 March
Byron Bay Triathlon – 13 May
Moreton Bay Triathlon – 14 May
Straddie Pure and Straddie Salute – 20 May
Ironman and 70.3 Cairns – 18 June

SESSION CHANGES

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

Friday 3 February
Monday 6 February
Wednesday 8 February
Friday 10 February
Wednesday 15 February
Friday 17 February
Friday 24 February
Monday 27 February

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.

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](#).
