

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Andrew Henderson for being selected as Red Dog's Athlete of the Month for February 2023.

Andrew wins this month's award for his performance at the Noosa Summer Swim. Finishing 3rd in the 3km and 2nd in the 1km in his age group and showing up a number of the young bucks in the squad. Well done!

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

[Read More](#)

BLAST FROM THE PAST



[AOTM October 2019 Ross McDougall](#)

SPONSOR SPECIAL

RHP™
Physiotherapy

Attention: Cairns Ironman Athletes

Check out the Red Dog / RHP Physiotherapy Ironman Preparation Program

Do you want to:

- Get the most out of your training?
- Avoid training injuries?
- Don't let little niggles become bigger issues that cause you to have to modify your training for weeks during your preparation.
- Ensure that your Ironman investment (entry fees, flights, accommodation, training time) pays dividends?

Whether you are a first-timer or a seasoned veteran, the Red Dog / RHP Physiotherapy Ironman Preparation Program is for you!!

The 10 week program includes:

Wk 1

- Triathlon-specific physio screening session (1 hour).
- To identify any current or potential injury issues.
- To treat issues and put effective management strategies in place early.
- To provide you with an individualised program to address any areas identified.

Wk 3/6/8/10

- Physio treatment addressing identified issues (or new niggles!)

Special Red Dog Price - \$550 (usually valued at \$665)

Any queries - contact RHP on Ph: 3856 5566 or
email: admin@rhpphysiotherapy.com.au

T & C's

- Red Dog Members only.
- Initial bookings made via phone call only.
- Available for 2023 Cairns Ironman event only.
- PHI rebates may apply (depending on your level of cover).
- Sessions can be at the Kelvin Grove or Nathan clinic.
- Not to be used with any other discount.
- Program commences April 10th 2023



**Exclusive offer for Red Dog members!!
20% off all 2022 Cannondale bikes**



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 New Zealand – 4 March
- Mooloolaba Triathlon – 11&12 March
- Kingscliff Triathlon – 19 March
- Hell of the West – 26 March
- Kiwiman Double Xtreme Triathlon (Double Iron Distance) – 7&8 April
- Ultraman Australia – 13-15 May
- 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:

Wednesday 1 March
Wednesday 29 March

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](#).
