



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 Emma Clements, AOTM for April 2020 for her commitment to training, engagement with coaches and other members and being an active contributor to RDTT social media during lockdown. 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](#)

RDTT PRIVATE FACEBOOK PAGE

RDTT now has a private 'Members Only' Facebook page to communicate club specific information such as virtual sessions and social events plus some good old fashioned banter.

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/reddogtriathlontrainingmembersonly/>

SESSION CHANGES

All squad sessions have been suspended until further notice. Fees have been placed on hold and will be honoured when sessions recommence.

We are pleased to offer one on one private sessions and individual programs to keep you active and accountable! All sessions will be conducted by appointment only, while adhering to Government recommendations and social distancing guidelines.

Trent - Tuesday, Wednesday and Thursday
Cath - Monday and Thursday mornings

Please contact Trent on 0413 842 124 or Cath 0408 792 552 to discuss cost, location and focus of the session.

MERCH STORE IS OPEN UNTIL 8 MAY



Merchandise orders are open until 8 May 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.](#)

Champion System Australia has been a part of your community for over 12 years. Over this time, we have always encouraged you to get out, keep active and ride your bike as much as you can. As humankind continues to adapt to the challenges of Covid-19 we want to keep in touch and help you stay active throughout this time too.

With the weather starting to cool down, we thought some great deals on our key winter items will help with getting out of bed and onto the bike in the mornings. These three items have been designed along with the help of UAC Team Enduro. Each item is designed using Italian fabrics and available in men's and women's specific cuts.

Also don't forget some of our awesome additional incentives such as a free lifetime warranty on our apparel, free crash replacement (if not needed) and our 30-day flexibility incentive where if you don't size by getting out and active, we will replace the garment free of charge for you.

PERFORMANCE WINTER JACKET

This will be your favorite cold weather garment. The Performance Winter Jacket represents one of our most versatile pieces which can be used on its own as a cool-weather piece, or as part of a layered system to keep you warm in even the coldest conditions. Using our WeatherShield Windproof bonded brush fleece featuring a subtle stretch this jacket allows a close fit and unrivaled comfort.

**WAS \$199
Now \$149.00**

PERFORMANCE INTERMEDIATE JACKET

The Performance Intermediate Jacket features a slightly lighter gauge fabric, designed to give you another lighter option for cool-weather riding. Perfect for racing and riding in cooler temperatures. Made from our new CS Winter Fleece fabric, this lightweight jersey jacket is ideal when a Long Sleeve Jersey is not enough and a Tech Fleece Jersey may be too much.

**WAS \$169
Now \$129.00**

PERFORMANCE WINTER VEST

Our Performance Winter Vest is the ideal heavy weight vest jacket for cold, windy conditions. Designed to be worn all day the vest features a hidden two-way YKK zipper allowing temperature control as the day warms up. Constructed entirely from our WeatherShield fabric - a windproof bonded brush fleece which provides a subtle amount of stretch allowing a perfect fit.

**WAS \$169
Now \$129.00**

RED DOG STORE OPENS: FRIDAY 01 MAY AND CLOSE FRIDAY 08 MAY
DELIVERY END OF MAY

MAY 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.



[GMN Vegie Prepi](#) are offering RDTT members fresh fruit, vegetables and eggs delivered to your door. [Click here to order online.](#)

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Mowing · Gutters Cleared · Garden Clean-Ups · Garden Maintenance · Rubbish Removal · Hedge & Tree Trimming · Pruning · Weed Spraying · Fertilizing · Top Dressing · Mulching · Planting · Landscaping · New Gardens · Odd Jobs



[Jim's Mowing Forest Lake Central](#) is offering RDTT member the following specials when you mention REDDOG20 in service areas that are up to a 25km radius from Forest Lake.

Gutter clearing minimum charge was \$120 now \$100.
Laying garden mulch was \$100.00 per cubic meter now \$90 (excluding product).
Driveway pressure wash incl. stain removal chemicals was \$220 now \$180 (single) or \$330 now \$250 (double).
Garden tidy incl. poisons, green waste removal and trees up to 5m \$330 for a half day or \$660 for a full day.

Harvey Norman

Harvey Norman Aspley

is offering RDTT members staff pricing on Electrical Department items including whitegoods, small appliances, cooking and audio visual. Members are also open to special pricing on computers, flooring, bedding and furniture on request. For pricing and enquiries please call Adam Alison on 07 3834 1120 or email Adam.Allison@au.harveynorman.com

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

Blueseventy are offering RDTT members 20% off RRP when using the discount code reddog20.



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.



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!](#)

COACH'S CORNER

Napping by [Dr Kellie Rose](#)



The quantity of sleep you get per night is directly related to the amount of daytime sleepiness you feel. So if you're one who reaches 3pm and starts nodding off at your desk because you simply cannot keep your eyes open, then the first place to look is at how many hours sleep you get per night. If it is less than the recommended 7-9h for athletes, then we may have found the issue.

Last month, we touched on ways to get more night time sleep using the sleep hygiene strategies. One strategy that we didn't cover is naps. Yes, naps! Whether it's a quick 20 min power nap on your lunch break at work, or a good 90 min on the weekend, naps are an effective way of increasing your quantity of sleep (note I said *increase*; it's not a substitute for night time sleep). So, how can you best utilize naps to your advantage?

When to nap:

Naps are most effective around the middle of the day to early afternoon, but should be avoided in the late afternoon, about 4pm onwards. Naps after this time can negatively affect your normal night time sleep schedule.

Duration of naps:

The most effective naps are between 30 – 90 minutes, depending on your level of fatigue or chronic sleep loss. Naps of 30 minutes are usually enough to elicit the beneficial effects and are easier to squeeze into your daily schedule (or lunch breaks!). They are also easier to wake from than longer naps.

Tips to increase alertness post-nap:

If you find you're waking up a bit muddled, then there are a couple of quick things you can do to increase your alertness:

Awaken under bright lights

Wash your face with cold water immediately after waking

Drink a cup of coffee EITHER in the minutes before a nap OR after a nap, to increase your alertness upon waking.

DATE CLAIMERS

Monday nights - Virtual Sponsors Chat - Details via Facebook

Tuesday nights - RDTT Tuesday Trivia with T-Dog - Details via Facebook

Wednesday mornings - Club Zwift session - Details via Facebook

Keep an eye out for the weekly celebrity set!

BLAST FROM THE PAST



[AOTM JANUARY 2016 Ashley Portas](#)

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!

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 and get yourself featured on social media!



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You can view our [privacy policy](#) [here](#).



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