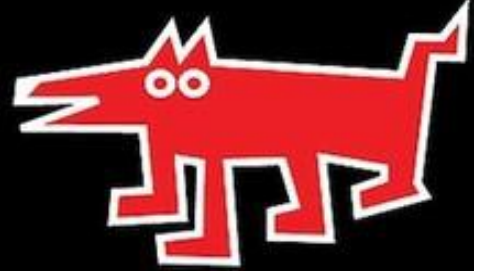


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Mike Addison for being selected as Red Dog's Athlete of the Month for May 2021.

Mike wins this month's award for his positive attitude and commitment to Ironman training. Well done!

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

[Read More](#)

RED DOG TRIVIA NIGHT

Thanks to all members who flexed their mental muscle at the RDTT Trivia Night.

Special thanks go to:

Sean McMaster from Master Stroke Games

Darling and Co for hosting
Kaye Buswell of That Party Shop for decorations

Adam Allison from Harvey Norman Aspley, No More Knots and Champion System for donating lucky door prizes.

See you all next year!



SESSION CHANGES

The Valley Pool is closed from Sunday 4 July 2021 for renovations and is due to reopen 2 August 2021. Apologies for any inconvenience caused by this closure.

Swim sessions available during this period include:

Monday 5.15-6.45am Corinda Pool
Monday 6.15-7.15pm Yeronga Pool

Tuesday 12.00-1.00pm Yeronga Pool

Wednesday 6.15-7.15pm Yeronga Pool

Thursday 12.00-1.00pm Yeronga Pool
Thursday 6.15-7.15pm Yeronga Pool

Friday 5.15-6.45am Corinda Pool
Friday 12.00-1.00pm Yeronga Pool

MAY SPONSOR SPECIALS



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

\$25 Off
All Appointments!
Booked between Monday - Friday
9am - 3pm
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 offers

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.

ENTERTAINMENT BOOK

Thousands of 25% off savings and 2 for 1 offers for health and beauty, shopping, activities and yes even florists.

Purchase a Membership for yourself, give it as a gift OR share a Membership with a significant other across multiple mobile devices.

Click here to purchase: <https://www.entbook.com.au/227k474>

UPCOMING RACES

Cairns Ironman and 70.3 – 6 June 21

Tour de Brisbane – 22 July 21

Townsville Triathlon Festival – 13-14 August 21

Sunshine Coast 70.3 – 12 September 21

Noosa Triathlon – 31 October 21

Hervey Bay 100 & 50 – 20-21 November 21

BLAST FROM THE PAST



[AOTM January 2018 Jeff Lang](#)

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 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**.
