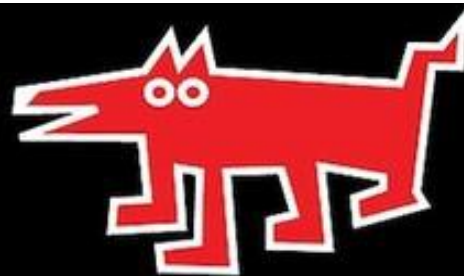


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Kirk Purchase for being selected as Red Dog's Athlete of the Month for October 2022.

Kirk wins this month's award for the commitment he showed finishing the race at Club Champs and placing second in his age group after tearing his hamstring early in the run. Well done!

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

[Read More](#)

DATE CLAIMERS

RDTT Birthday Party – 3-6pm, 5 November 2022, The Terrace Bar, Waterloo Hotel

LET'S PARTY

RED DOG TURNS 14!

5 November 2022
3:00-6:00pm
Terrace Bar, Waterloo Hotel
Cnr Ann St and Commercial Rd
Fortitude Valley

Food - Drinks - Raffle

5.00pm 2022 Red Dog Triathlon Life Members inducted
5.30pm Raffle draw

RDTT Christmas Party – From 3pm, 4 December 2022, The Regatta Hotel

UPCOMING RACES

Harvey Bay 100 & 50 – 6 November 2022

Kingscliff Triathlon – 20 November 2022

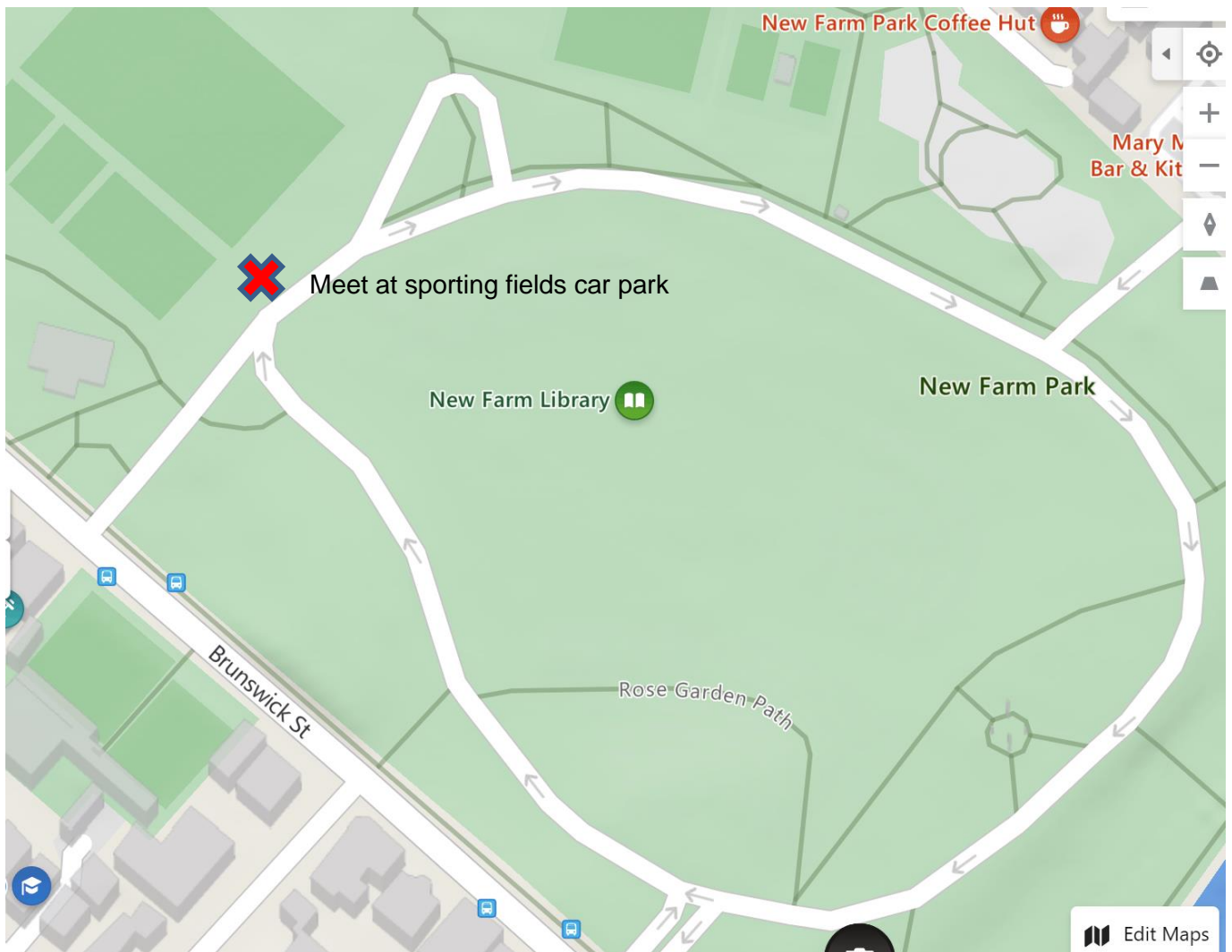
Raby Bay Rumble– 4 December 2022 (Enter Red Dog Mates Wave)

SESSION CHANGES

UQ Athletics Track is now closed for resurfacing.

Tuesday run sessions will be scheduled as follows until UQ track reopens in 2023:

- UQ Gravel Track 4.30-5.30am and 5.30-6.30am with Cath
- New Farm Park 5.30-6.30am with Trent. Meeting point as shown below.



SPONSOR SPECIAL



Free pair of red or black socks with every order placed by 22 November.
Add the socks to your cart and apply code RDTsocks at checkout to redeem your free pair!

Please click [here](#) to place your order.

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 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.

Please click [here](#) to place your order.

BLAST FROM THE PAST



[AOTM June 2019 Glenn Buswell](#)

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](#).
