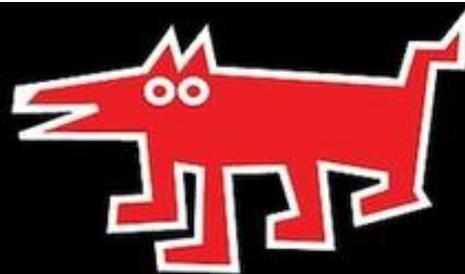


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Andrew Small for being selected as Red Dog's Athlete of the Month for September 2021.

Andy wins this month's award his performance in winning his age group at Club Championships. Well done!

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

[Read More](#)

OCTOBER SPONSOR SPECIALS

**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
TRIATHLON TRAINING

No More Knots



Fitness with Food is offering RDTT members \$20 off their next service.

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 from 1 to 14 October 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.

CLUB CHAMPS – UNDEFEATED SINCE 2012!

A big thank you to all club members who raced for Red Dog at the Triathlon Queensland Club Championships. We were able to retain our title of Large Club Champions - and we remain undefeated in that category since 2012.



Thanks to: Kieran Storch, Andrew Small, Jack Morton, Scott Milson, Kirk Purchase, Chris Ritchie, Tom Hansen, Christopher Seaton, Courtenay Henrys, Cath Collis, Shane Mulquiney, Dane Abbott, Matt Rhyne, Glenn Sadler, Courtney Le Lay, Glenn Torepe, Mihaela McDougall, Kevin Halse, Bill Siganto, Scott Hodder, Aisling Ryan, Fiona Lawrence, Gabby Copp, Kathleen Rein, Ross McRae, Neill King, Andrew Cosgrave, James Dimsey, Tristan Taylor, Nicholas Hull, Damien Thompson, Ewen Larsen, Lucy Whyte, Keegan Jenkins, Rosie McGeoch, Alison Ryan, Matthew Pollock, Sarah Richmond, Ross McDougall, Andrew Marsden, Timur Zhumazhan, Vincent Schoupe, Diego Pereira, Jackie Phillips, Josh Pollock, Andrew Haymet, Ian Edwards, Morgan Farley, Renee Bidwell, John Slater, Allan Bieber, Chris Stainer, Peter Reade, Skye Howie, Eddie Leathers, Kate Harris, Dirk Baas, Chelsea Auld, Liz Savage, Mike Addison, Adam Allison, Tanya Moltoni, Allyson Lindsay, Michelle Grauf, Jacque Gravesande, Alicia Newman, Shelley Marriott, Fin Whish, Victoria Christmas, Holly Hitchener, Sarah Crealy, Belinda Sweeney, Luca Masinello, Angela Bucci, Katie Veitch, Naomi Fullwood, Rachel Matthews, Cara Turnley, Euan Morrison, Sabrina Ellis, Josephine Duke, Kym Clayton, Peter McMahon, Angie Lorentz, Lynn Davies, Michaela Shea, Graeme Wood, Christian Kohl, Deepali Kaur, Mathew Thompson, Shane Kent, Billy Court and Molly Court.

Also thanks to all Red Dogs who came out to support the club on the day! A special mention to Laura Canning for taking some great photos and Sue Rigato from GMN Vegi Prepi for providing post-race snacks.

Please lock in the **Red Dog Birthday Party at 5.30pm, Saturday 6 November** at Yeronga Pool to celebrate our success!

SESSION UPDATES

Mt Nebo Swim Bike Run – 6:00am 10 October 21
Meet at Enoggera Reservoir (30' swim, 90' bike, 60' run)

UQ Bike Run – 6:00am 24 October 21

Note: There will no squad sessions on Monday 4 October and Friday 29 October due to public holidays

DATE CLAIMERS

Red Dog Birthday Party – 5.30pm 6 November 21 (Yeronga Pool)
Red Dog Christmas Party – 12 December 21 (Darling & Co)

UPCOMING RACES

Noosa Triathlon – 31 October 21
Hervey Bay 100 & 50 – 20-21 November 21
Raby Bay Rumble – 12 December 21

BLAST FROM THE PAST



[AOTM May 2018 Dave Savoff](#)

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](#).
