

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Dane Abbott for being selected as Red Dog's Athlete of the Month for September 2022.

Dane wins this month's award for his performance and strong mental game at Sunshine Coast Ironman 70.3. After taking a tumble off his bike, Dane dusted himself off and finished the race with a strong run. Well done!

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

[Read More](#)

DATE CLAIMERS

TQ Club Championships – Moreton Bay Triathlon – 9 October 2022
RD TT Birthday Party – 3-6pm, 5 November 2022, The Terrace Bar, Waterloo Hotel
RD TT Christmas Party – From 3pm, 4 December 2022, The Regatta Hotel

UPCOMING RACES

Moreton Bay Triathlon (TQ Club Championships) – 9 October 2022
Noosa Triathlon – 30 October 2022
Harvey Bay 100 & 50 – 6 October 2022
Kingscliff Triathlon – 20 November 2022
Raby Bay Triathlon – 4 December 2022

SPONSOR SPECIAL



\$20 OFF
All Appointments!

Any treatment, any time!

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 offer.

RED DOG 
TRIATHLON TRAINING


No More Knots
— No More Knots is a dog —

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 May 2019 Tiani Reilly](#)

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](#).
