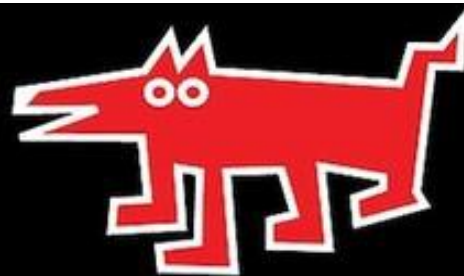


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Scott Milson for being selected as Red Dog's Athlete of the month for March 2022.

Scott wins this month's award for winning his age group at the Bribie Island Triathlon and cracking the top 20 overall. Well done!

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

[Read More](#)

SESSION UPDATES

Good Friday 15 April – 6am Walloon bike session
Easter Monday 18 April – 8am Enoggera Reservoir open water swim
(details will be posted on the RDTT private Facebook closer to the date)

There will be no squad sessions on Monday 25 April and Monday 2 May due to public holidays.

There will be no lunch squad at the Valley Pool on Friday 29 April due to a school swim carnival.

UPCOMING RACES

Ironman Australia and Ironman 70.3 Port Macquarie – 1 May 2022
Moreton Bay Triathlon – 15 May 2022
Cairns Ironman and 70.3 – 12 June 2022

DATE CLAIMER

Red Dog Race Day
From 12pm, Saturday 9 April 2022
Doomben Racecourse

HELL OF THE WEST 2022

Congratulations to all Red Dogs who competed at the Goondiwindi Hell of the West on 3 April 2022. It was great to go west and support a regional community.



SPONSOR SPECIAL


**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
— 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.

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 November 2018 Jeanine Mitchell](#)

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](#).
