

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Oliver Laws for being selected as Red Dog's Athlete of the Month for March 2023.

Oliver wins this month's award for his outstanding performance winning his age group at Ironman New Zealand.

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

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BLAST FROM THE PAST



[AOTM November 2019 Alana Hewish](#)

JOIN THE CAIRNS CREW IN 2023

Are you racing Cairns Ironman, Cairns 70.3 or coming along to be part of the awesome RDTT support crew for this epic event?

Grab a RDTT Cairns t-shirt to mark the occasion!

Simply **email Trent by 14 April 2023** to let him know you'd like a shirt and confirm if you are racing Ironman, 70.3 or you're support crew to get your name listed on this iconic souvenir!

Mens sizes S, M, L, XL, XXL & Womens sizes 6, 8, 10, 12 14

\$40 each or 2 for \$70.

Payment details to be confirmed on placing your order.

Please note the design below is draft and subject to change.



UPCOMING RACES

Kiwiman Double Xtreme Triathlon (Double Iron Distance) – 7&8 April
Ultraman Australia – 13-15 May
Byron Bay Triathlon– 13 May
Moreton Bay Triathlon – 14 May
Straddie Pure and Straddie Salute – 20 May
Ironman and 70.3 Cairns – 18 June

SPONSOR SPECIAL



It's getting to that time of the year where short sleeve jerseys need another layer, but fleece jackets are just that bit too thick!

From now until 30 April 2023, you can get:

**A Performance Long Sleeve Jersey for the price of the Tech Long Sleeve
and a Performance Vest for the price of the Tech Vest.**

Visit the [RDTT Store](#) 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.

SESSION CHANGES

There will be no squad sessions on public holidays over the Easter break and Anzac Day. Please refer to the RDTT Members Only page on Facebook for sessions

<https://www.facebook.com/groups/reddegtriathlontrainingmembersonly/>

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.

Visit the [RDTT Store](#) to place your order.

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**.
