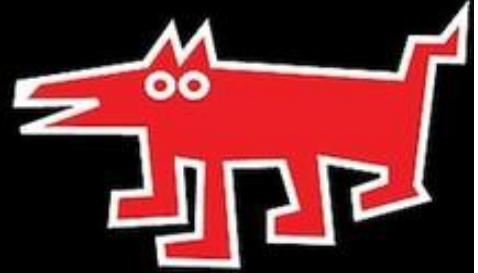


AUGUST 21

RED DOG
TRIATHLON TRAINING



ATHLETE OF THE MONTH

Congratulations to Brodie Ellis for being selected as Red Dog's Athlete of the Month for July 2021.

Brodie wins this month's award for his performance at training. His commitment and determination are inspiring. Well done!

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

[Read More](#)

For more information on Brodie's story, read ['Miracle Man' published in Q Weekend, May 23-24, 2020.](#)

SESSION CHANGES

Renovations at the Valley Pool are complete, and the pool will reopen once COVID-19 restrictions are lifted. The squad will return to the usual timetable.

RDTT MERCHANDISE STORE OPEN



Merchandise orders are open from 14 to 30 August 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.

JULY SPONSOR SPECIAL



Red Dog members
visit *Shoes, Feet, Gear*
for **20% off** RRP on
all **Mizuno** product

Terms & Conditions: This discount entitles Red Dog members to 20% off full price Mizuno footwear at Shoes, Feet, Gear and is not valid with any other offer or sale. To redeem this offer, please show your membership card or details to staff.

\$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 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.

DATE CLAIMERS

Moreton Bay Triathlon (Triathlon Queensland Club Champs) – 26 September 21
Red Dog Birthday Party – 6 November 21 (Yeronga Pool)
Red Dog Christmas Party – 12 December 21 (Darling & Co)

UPCOMING RACES

Townsville Triathlon Festival – 13-14 August 21
Sunshine Coast 70.3 – 12 September 21
Moreton Bay Triathlon (Club Champs) – 26 September 21
Noosa Triathlon – 31 October 21
Hervey Bay 100 & 50 – 20-21 November 21
Raby Bay Rumble – 12 December 21

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/>

BLAST FROM THE PAST



[AOTM March 2018 Wayne Cooley](#)

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](#).
