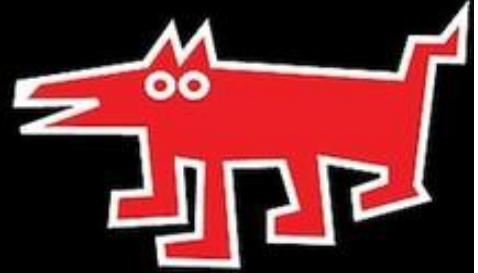


RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Tanya Brewer for being selected as Red Dog's Athlete of the Month for December 2021.

Tanya wins this month's award for her performance at the Raby Bay Rumble. Providing great banter leading into the event and backing it up on race day!!! Something deep in the fabric of Red Dog. Well done!

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

[Read More](#)

SESSION UPDATES

Mt Nebo Swim Bike Run – 6:00am 16 January 21
Meet at Enoggera Reservoir

UPCOMING RACES

Hell of the West – 5 February 2022
Tweed Enduro – 26 & 27 February 2022
Mooloolaba Triathlon – 13 March 2022

JANUARY SPONSOR SPECIAL



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Google
5.0 ★★★★★

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.

RED DOG TRIATHLON TRAINING CHRISTMAS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13-19 Dec	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30 (100x100s CP only)	Bike O'Reilly's Ride	Run Solo
	pm	Swim VP 12:00-1:00 YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim - VP 6:15-7:15	Swim YP 12:00-1:00 YP 6:15-7:15			
20-26 Dec	am	Swim CP 5:15-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim CP 5:15-6:30	Christmas Day	Boxing Day
	pm	Swim - YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim - VP 6:15-7:15	Swim - YP 6:15-7:15			
27 Dec – 2 Jan	am	Public Holiday	Run UQ 5:30-6:30	Bike Nundah 5-6:30	Run VP 5:30-6:45	Swim CP 5:15-6:30	New Year's Day	Bike/Run Solo
	pm		Public Holiday	Swim VP 12:00-1:00 VP 6:15-7:15	Swim YP 12:00-1:00 -	New Year's Eve		
2 - 9 Jan	am	Public Holiday	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim CP 5:15-6:30	Bike VP 5:00-8:00	Run Solo
	pm		Swim YP 12:00-1:00 -	Swim - VP 6:15-7:15	Swim - YP 6:15-7:15	Swim VP 12:00-1:00		
10-17 Jan	am	Swim CP 5:15-6:30 Bike Ship Inn 5-6:30	Run UQ 4:30-5:30 UQ 5:30-6:30	Bike Ship Inn 5-6:30	Run VP 5:30-6:45	Swim VP 5:15-6:45 CP 5:15-6:30	Bike VP 5:00-8:00 Ship inn 5:00-8:00	Swim/Bike/Run Mt Nebo
	pm	Swim - VP 6:15-7:15 YP 6:15-7:15	Swim YP 12:00-1:00 -	Swim - VP 6:15-7:15	Swim YP 12:00-1:00 YP 6:15-7:15	Swim VP 12:00-1:00		

CP: Corinda Pool VP: Valley Pool YP: Yeronga Pool

BLAST FROM THE PAST



[AOTM August 2018 Jacque Gravesande](#)

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](#).
