

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Doug Hughes for being selected as Red Dog's Athlete of the Month for May 2022.

Doug wins this month's award for his commitment to training for Ironman Cairns while juggling work and family commitments. Well done!

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

[Read More](#)

PRIVATE LESSONS: SKILL DEVELOPMENT

Winter is a great time to focus on improving a weakness.

Contact Trent or Cath for private lessons in skill development across swim, bike and run.



SESSION UPDATES

There will be no squad sessions at the following times:

Thursday 9 June 6:15-7:15pm

Friday 10 June 12:00-1:00pm

Monday 13 June 12:00-1:00pm

Monday morning rides will cease during winter and resume on 5 September 2022.

UPCOMING RACES

Moreton Bay Triathlon – 5 June 2022

Cairns Ironman and 70.3 – 12 June 2022

Sunshine Coast 70.3 – 11 September 2022

SPONSOR SPECIALS

Enjoy a pre or post-race massage this month at No More Knots!

\$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  

Download the Australian Venue Co app to receive \$10 Welcome Credit and 10% off all purchases at all Australian Venue Co venues. Earn 10 points for every \$1 spent on the app and earn 2000 points to convert to \$20 credit.

Every dollar spent accrues credits to RDTT which helps fund the annual Christmas Party!

Support Red Dog Triathlon Training

Download the Australian Venue Co. app to pay on mobile, earn rewards and access exclusive offers at more than 60 venues Australia-wide. Start spending with the app and your organisation will be rewarded.

How to Join

Simply download the app & enter "REDDOG" in the voucher code tab of the main menu

Rewards & Benefits

- \$10 Welcome credit for all new members
- 10% off at ALL AVC VENUES
- Earn 10 points for every \$1 spent on the app
- Earn 2000 points and convert for \$20 credit

Every dollar you spend helps to support Red Dog Triathlon Training!

Scan me to download the App today!
<https://www.ausvenueco.com.au/the-avc-app/>

Download on the App Store | 

Don't forget to enter the code "REDDOG"

Australian Venue Co. 

ENTERTAINMENT APP

Entertainment is the easy-to-use App packed with incredible savings of up to 50% off and 2-for-1 offers, so you can save on takeaway, dining, shopping, groceries, gift cards, activities and more!

20% of every membership purchased goes to support Red Dog Triathlon Training's social events.

[Join Entertainment now!](#)

Go on
Gift yourself!

And **SAVE** on everything you love
and more. **Join today!**

Get a
BONUS
eGift Card
Valued up to \$20*

+

WIN
1 of 2 \$500
Ultimate eGift
Cards*

*T&Cs apply

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 January 2019 Lisa Cheer](#)

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](#).
