

RED DOG

TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Jack Morton for being selected as Red Dog's Athlete of the Month for October 2021.

Jack wins this month's award for two outstanding performances - the fastest Red Dog at Raby Bay and second place in the Mates Wave at Noosa. Well done!

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

[Read More](#)

NOVEMBER SPONSOR SPECIAL

ROOFRACKSTORE
TRAVEL WITH THE BEST

For the best service, prices and advice

Check out our range at www.roofrackstore.com.au and contact jon@roofrackstore.com.au for enquiries, add RDTT code to order notes for Red Dog member specials.

Google
3.0 ★★★★★

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	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

RED DOG TURNS 13

It was great to see over 100 members come together on 6 November to celebrate Red Dog's 13th birthday.

Congratulations to **James Dimsey** and **Michelle Grauf** on becoming Red Dog Life Members #9 and #10.

Thanks to all sponsors and service providers for donating prizes for the raffle, which contributes to food and beverages on the night.



SESSION UPDATES

Annual O'Reilly's Bike Ride – 6:00am 18 December 21

Meet at Canungra Hotel

Mt Nebo Swim Bike Run – 6:00am 17 January 21

Meet at Enoggera Reservoir

Note: There will no Valley Pool lunch squad sessions on Friday 12 November and Wednesday 17 November due to carnivals.

DATE CLAIMERS

Raby Bay Rumble – 12 December 21

Red Dog Christmas Party – from 2:30pm, 12 December 21 (The Regatta Hotel)

UPCOMING RACES

Hervey Bay 100 & 50 – 20-21 November 21

Robina Triathlon – 21 November 21

Raby Bay Rumble – 12 December 21

Hell of the West – 5 February 21

Mooloolaba Triathlon – 13 March 21

BLAST FROM THE PAST



[AOTM June 2018 Fiona Harding](#)

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 redogtriathlon@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](#).
