

RED DOG TRIATHLON TRAINING



ATHLETE OF THE MONTH



Congratulations to Tristan Taylor for being selected as Red Dog's Athlete of the Month for August 2022.

Tristan wins this month's award for his performance at Bridge 2 Brisbane, his positive attitude and commitment to training while adjusting to life with a newborn baby. Well done!

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

[Read More](#)

DATE CLAIMERS

Bike – Run Session – Sunday 4 September 2022, UQ 6am

Mizuno wear test – Tuesday 6 September 2022, UQ Track 4.30-6.30am

Triathlon Tips Course – Sunday 25 September 2022, Dunlop Pool 9-11am

TQ Club Championships – Moreton Bay Triathlon – 9 October 2022

Open Water Swim – Monday 3 October, Enoggera Reservoir 8am

TRIATHLON TIPS COURSE

- OPEN WATER SWIM TIPS
- TRANSITIONS
- BIKE MOUNT/DISMOUNT
- RUNNING OFF THE BIKE
- OTHER RACE DAY TIPS

9-11 AM SUNDAY 25 SEPT 22
DUNLOP POOL, OXLEY RD,
CORINDA
\$25 (INCL POOL ENTRY)

RVSP
REDDOGTRIATHLON@OPTUSNET.COM.AU
PAYMENT IN CASH BY 16 SEPT

EQUIPMENT CHECKLIST WILL BE EMAILED ONCE
PAYMENT RECEIVED



SESSION CHANGES

Monday morning bike sessions resume on 5 September 2022

UPCOMING RACES

Sunshine Coast 70.3 – 11 September 2022
Moreton Bay Triathlon (TQ Club Championships) – 9 October 2022
Noosa Triathlon – 30 October 2022
Harvey Bay 100 & 50 – 6 October 2022
Kingscliff Triathlon – 20 November 2022
Raby Bay Triathlon – 4 December 2022

SPONSOR SPECIAL



DID YOU KNOW?

**ALL RDTT MEMBERS RECEIVE
A \$20 DISCOUNT AT RHP**

THAT'S RIGHT!

➔ **EVERY TREATMENT SESSION**

➔ **EVERY THERAPIST**

Call our clinics or book online via:
<https://www.rhpphysiotherapy.com.au/>

Offer valid until June 30, 2023

RHP™
Physiotherapy

Kelvin Grove
AMA Place
88 L'Estrange Terrace
Phone 617 3856 5566
Fax 617 3856 5522
email admin@rhpphysiotherapy.com.au
PO Box 60, Red Hill Qld 4069

Nathan
Qld State Netball Centre
590 Mains Road
Phone 617 3184 6844
email admin.nathan@rhpphysiotherapy.com.au
www.rhpphysiotherapy.com.au

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.

RD TT SWIMWEAR

Dive into a new pair of RD TT budgy smugglers for summer!

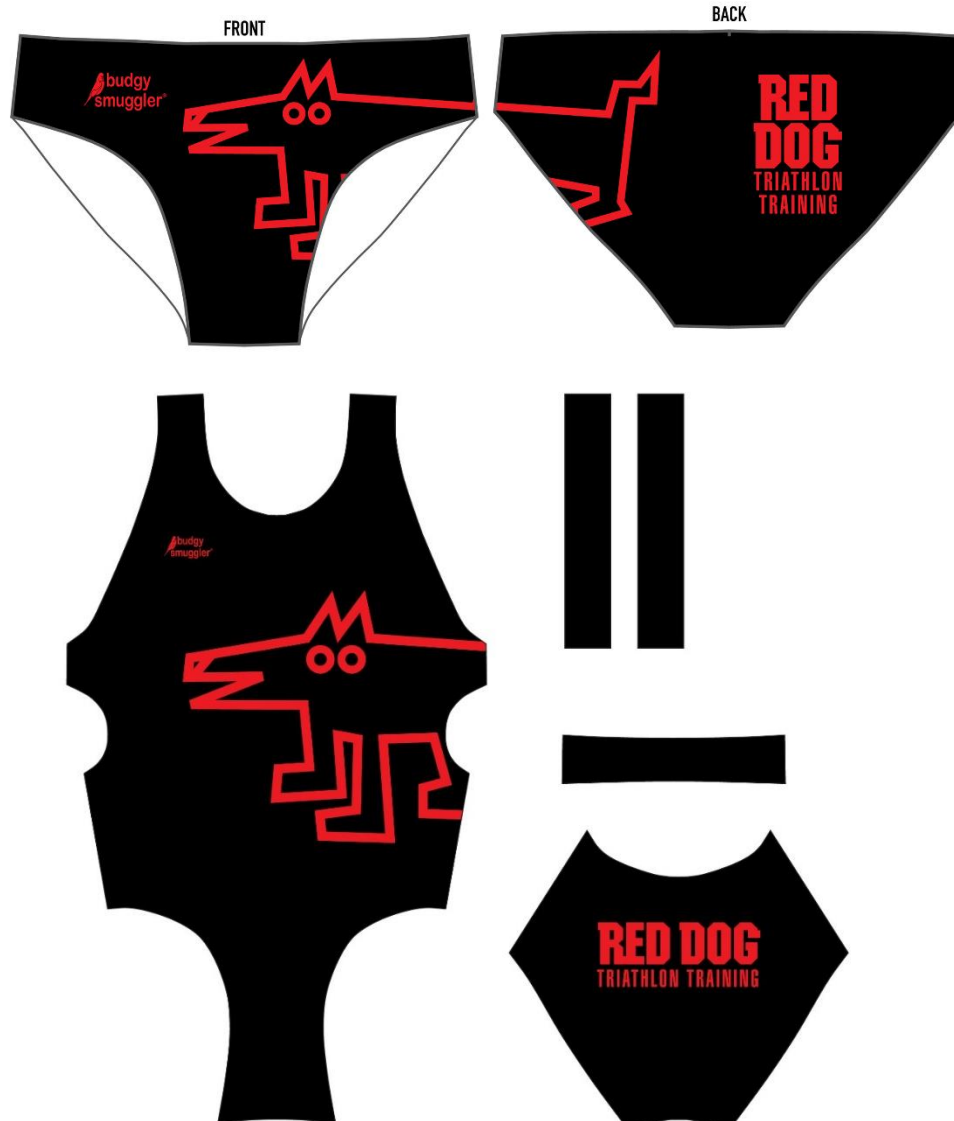
Mens - \$60

Womens (thin strap, one piece) - \$90

Place orders with Trent via [email](#) by 14 September, outlining quantity and sizes.

Payment due by 30 September.

[Budgy Size Chart is available online.](#)



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 April 2019 Lucy Whyte](#)

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 reddegtriathlon@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](#).
