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FOR IMMEDIATE RELEASE

South Padre Island Gears Up for Return of the Annual SPI Sprint Triathlon

SOUTH PADRE ISLAND, Texas, March 14, 2025 – Calling all athletes and fitness enthusiasts! Get ready for an exhilarating day of competition as the annual SPI Sprint Triathlon returns to South Padre Island on Saturday, March 29, 2025. Hosted by Power Watt Coaching, LLC, this event offers a thrilling course designed to challenge both seasoned triathletes and first-time participants.

“This is one of the most exciting sporting events of the year on South Padre Island,” said Blake Henry, Visit South Padre Island Executive Director. “The SPI Sprint Triathlon showcases our beautiful scenery and provides an exceptional challenge for athletes. We’re thrilled to welcome participants from near and far to experience everything our island has to offer.”

The SPI Sprint Triathlon features a sprint-distance race with both an individual and relay option, comprising a 750-meter open water swim, a 12.5-mile bike ride, and a 5K run. The event kicks off with a scenic swim in the Bay waters, followed by a cycling route that takes athletes north along the iconic South Padre Island strip. The final leg of the race—a 5K run—will guide participants south along the strip, culminating in a triumphant finish back at Jim’s Pier, which serves as the official transition area.

The race day schedule kicks off on Saturday at 6:15 a.m. and will end with awards at 9:30 a.m. Award categories include overall male/female, overall masters male/female, and the top three male/female participants in each age group.

To learn more or register, visit the event website [here](#) or contact the organizer, Karen Watt, at docwatt@powerwattcoaching.com. For more information on South Padre Island, head to www.visitsouthpadreisland.com



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About South Padre Island

With miles of pristine shoreline and clear emerald water, South Padre Island is Texas' only tropical island paradise. Calm weather and more than 300 days of sunshine make South Padre Island a year-round destination offering a variety of nature tourism attractions, water sports, and activities for the entire family. For more information, visit www.visitsouthpadreisland.com.