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Photo Credit: Visit South Padre Island

Swim, Bike, and Run in the Sun. The South Padre Island Triathlon Returns September 28, 2025

SOUTH PADRE ISLAND, Texas, September 16, 2025 — Ready to test your endurance in paradise? The South Padre Island Triathlon is back on Sunday, September 28, 2025, bringing athletes from across Texas and beyond to the Island for a race unlike any other—where Gulf waters, coastal roads, and stunning scenery set the stage.

Now in its 25th year, the SPI Triathlon has become a signature fall event, offering both Olympic and Sprint distance courses. Whether you're a seasoned competitor or a first-time triathlete, the race is designed to challenge your limits while letting you soak up the best of South Padre. This race will also be the site of the Texas State Championships.

"South Padre Island provides a truly unique race environment—warm waters for the swim, flat and fast bike routes, and a run course with unbeatable views," said Blake Henry, Executive Director of Visit South Padre Island. "It's more than just a triathlon—it's a destination experience where athletes and their families can compete, relax, and enjoy everything the Island has to offer."

The day's events begin at 7:00 am at Jim's Pier, located at 211 W Swordfish Street. Racers start with a swim in the Laguna Madre Bay, followed by a scenic bike ride along Padre Boulevard/State Park Road 100, and finish with a run through South Padre's picturesque waterfront. Athletes can choose from:

- Olympic Distance: 1,500m swim, 40k bike, 10k run
- Sprint Distance: 500m swim, 14-mile bike, 5k run

Post-race, participants and spectators are invited to celebrate at the finish line festival, featuring food, drinks, music, and plenty of Island hospitality.

Registration, course details, and race information are available here: [South Padre Island Triathlon](#).

To plan your South Padre Island triathlon weekend getaway, including lodging, dining, and activities, visit 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.