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FOR IMMEDIATE RELEASE

Dive Into An Exhilarating Challenge South Padre Island's Annual Sprint Triathlon

SOUTH PADRE ISLAND, Texas, March 14, 2024 – Visit South Padre Island is excited to announce the annual SPI Sprint Triathlon returns on Saturday, March 23, 2024.

"We are excited to welcome the SPI Sprint Triathlon," said Visit South Padre Island Executive Director Blake Henry. "This event is not just about competition; it's about camaraderie, personal achievement, and celebrating the spirit of athleticism. Whether you're a seasoned triathlete or a newcomer to the sport, this race offers something special for everyone."

Hosted by Power Watt Coaching, LLC, the SPI Sprint Triathlon promises an unforgettable experience for seasoned veterans and first-timers alike. The race features an invigorating combination of disciplines, including a 750-meter swim, a 12.5-mile bike ride, and a 5K run - offering the sprint distance for the spring event with both an individual and relay option. Participants will test their mettle against the elements, showcasing their endurance, determination, and athleticism as they navigate the course.

Packet pickup will be on Friday, March 22, from 5:00-7:00 p.m. at Jim's Pier. 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. The Triathlon is open to anyone age 17+, and entry fees currently start at \$90 for the Sprint Individual and \$145 for the Sprint Relay.

To learn more or register, visit the event website [here](#) or contact the organizer, Dr. Karen Watt, at 956-778-5997 or docwatt@powerwattcoaching.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.sopadre.com.

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