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FOR IMMEDIATE RELEASE

Mark Your Calendars for South Padre Island's Annual Sprint Triathlon

SOUTH PADRE ISLAND, Texas, March 10, 2023 – South Padre Island is excited to announce the return of the annual SPI Triathlon set to take place on Saturday, March 25, 2023.

“Whether you’re a veteran triathlete or enjoy the occasional fitness challenge, the SPI Triathlon is an excellent one to sign up for,” said Blake Henry, South Padre Island CVB Executive Director. “The course takes you from the bay to the South Padre Island strip and features scenic views throughout its entirety. You can enter as an individual, or there’s a relay category for those that work best in teams. It’s the perfect weekend to spend on the beaches of South Padre Island.”

The South Padre Island Triathlon, hosted by Power Watt Coaching, LLC, is a wonderful course for the seasoned veteran or the first-timer. The race will include a 750-meter swim, a 12.5-mile bike ride, and a 5K Run! After a terrific open water swim, the athletes will head into the transition, graciously hosted by Jim's Pier, and head north for the bike course up the South Padre Island main boulevard. Following the scenic bike course, participants will head south on the boulevard for the run course in a loop to end back at Jim's Pier. The transition area location is readily accessible for friends and family – making it easy for them to cheer on their favorite triathletes and loved ones!

Packet pickup will be on Friday, March 24, from 5-7 p.m. The race day schedule kicks off on Saturday at 6:15 a.m. and will end with awards at 9:30 a.m. The Triathlon is open to anyone ages 17-99, and there will be awards for the top three male and female participants in each age group. Entry fees currently start at \$90 for the Sprint Individual and \$145 for the Sprint Relay. Prices are set to increase on March 15, so be sure to get them while they’re still at this price!

To learn more or register, [click here](#) to visit the event website or contact the organizer, Dr. Karen Watt, at 956-778-5997 or docwatt@powerwattcoaching.com. For more information on South Padre Island, head to sopadre.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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