

October 5, 2008



U.S. Open Triathlon and Life Time Fitness Triathlon Series Race to the Toyota Cup Champions Crowned on Sunday in Dallas

Professionals Greg Bennett (AUS) and Lisa Norden (SWE) Win Dallas Race Bennett and American Becky Lavelle Win 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup

DALLAS--(BUSINESS WIRE)--

The 2008 U.S. Open Triathlon and the Life Time Fitness Triathlon Series Race to the Toyota Cup saw Australian Greg Bennett defend his 2008 titles. The race, which finished in the shadow of Dallas' American Airlines Center, is the culmination of the five-race Life Time Fitness, Inc. (NYSE:LTM) Triathlon Series.

Sweden's Lisa Norden joined Bennett in the winner's circle by outlasting the 2007 U.S. Open Champion, Sarah Haskins (USA) to claim the \$60,000 first prize.

Norden, 2008 Olympian, trailed Haskins by over a minute coming out of the water but used a strong bike ride to lead the field entering the run portion of the race. She then used the day's best run to pull away from the field and earn her first victory ever in the Life Time Fitness Triathlon Series.

Bennett, who currently resides in Boulder, CO, used the day's best bike and the day's best run to secure his third straight Life Time Fitness Triathlon Series Title. For his efforts, the 36-year-old Bennett earned \$120,000 on the day (\$60,000 first-place prize, a \$60,000 bonus for being the Series champion). American Andy Potts held off Great Britain's Stuart Hayes to finish second on Sunday which also gave Potts the second place finish in the Life Time Fitness Triathlon Series Race to the Toyota Cup, dropping Potts to third. Hayes and Potts earned \$25,000 and \$15,000 in bonus money respectively for their finishes in the Series.

A total of \$250,000 was awarded to the top 10 professional women and men competing in Sunday's event. American Becky Lavell, who finished sixth in the Dallas race, won the women's division of the Series and the Race to the Toyota cup, taking home the \$60,000 bonus.

Unofficial 2008 U.S. Open Professional Division results from today's race are as follows:

MEN

Pro Triathlete	Unofficial Time	Cash Prize	2007 Triathlon Series Points
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1. Greg Bennett	1:46:52	\$60,000	15,000
2. Andy Potts	1:47:39	\$25,000	9,000
3. Stuart Hayes	1:47:59	\$15,000	5,700
4. Michael Raelert	1:48:15	\$7,000	3,900
5. Courtney Atkinson	1:48:53	\$6,000	3,450
6. Brent McMahon	1:49:03	\$4,000	2,850
7. Timothy O'Donnell	1:49:36	\$3,000	2,550
8. Paul Matthews	1:50:04	\$2,500	2,250
9. Reinaldo Colucci	1:51:11	\$1,500	2,100
10. Simon Thompson	1:53:05	\$1,000	1,950

WOMEN

Pro Triathlete	Unofficial Time	Cash Prize	2007 Triathlon Series Points
1. Lisa Norden	1:57:30	\$60,000	15,000
2. Sarah Haksin	1:58:40	\$25,000	9,000
3. Nicola Spirig	1:59:31	\$15,000	5,700
4. Sarah Groff	1:59:49	\$7,000	3,900
5. Laura Bennett	2:00:01	\$6,000	3,450
6. Becky Lavelle	2:00:23	\$4,000	2,850
7. Julie Dibens	2:00:31	\$3,000	2,550
8. Samantha Warriner	2:01:18	\$2,500	2,250
9. Jasmine Oeinck	2:01:31	\$1,500	2,100
10. Jodie Swallow	2:02:21	\$1,000	1,950

About the 2008 Life Time Fitness Triathlon Series Race to the Toyota Cup

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among four of the most prominent triathlon events in the United States. The Life Time Fitness Triathlon (lftfriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Accenture Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc (CAPRI Events). The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises.

In 2007, the Life Time Fitness Triathlon Series was expanded to include a Championship event, the Toyota U.S. Open Triathlon Dallas.

In 2008, the Series announced the Race to the Toyota Cup to award the top female and male triathletes in each of three separate divisions: Professional, Elite Amateur and Age Group at the Toyota U.S. Open Triathlon in Dallas. Overall, the 2008 Life Time Fitness Triathlon Series offers a \$1.44 million purse for the Professional Division.

Life Time Fitness Triathlon Series Timeline:

- Life Time Fitness Triathlon (Minneapolis) - July 12
- Nautica New York City Triathlon - July 20
- Accenture Chicago Triathlon - August 24
- Kaiser Permanente Los Angeles Triathlon - September 7
- Toyota U.S. Open Triathlon (Dallas) - October 5

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events, and nutritional products. As of October 5, 2008, Life Time Fitness operated 78 centers in 17 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.