

September 28, 2010



National Geographic Adventure Recognizes Leadville Trail 100 as One of "America's Best Adventures"

- Life Time Leadville Trail 100 is the country's oldest, highest-altitude ultra-distance mountain bike race
- Each year, more than 1,500 riders from around the world participate in the August event, part of the Leadville Trail Event Series
- Registration for the 2011 Leadville Trail 100 opens Thursday, November 4, 2010

LEADVILLE, Colo.--(BUSINESS WIRE)-- The pinnacle of endurance mountain biking known as the [Leadville Trail 100](#), has been recognized by [National Geographic Adventure](#) as one of "America's Best Adventures." The internationally-renowned event is the original 100-mile (161-kilometer) ultra-distance mountain bike race, beginning and ending 100 miles southwest of Denver in the small town of Leadville, Colo.

"We're honored to receive this recognition from National Geographic Adventure, particularly since it is determined by a team of seasoned adventure editors," said Ken Cooper vice president of [Endurance and Athletic Events](#). "The Leadville Trail 100 is the epitome of ultra-endurance biking--a challenge for both professional and weekend warriors alike."

[The Leadville Trail 100 course](#) starts at just over 10,000 feet and follows single- and double-track dirt roads, resulting in more than 12,000 feet (3,844 meters) of climbing during the event, including several steep 3,000-foot (914-meter) climbs and a highpoint at nearly 13,000 feet (42,651 meters).

The 2010 event, now a feature-length film titled "Race Across the Sky 2010," can be seen in 460 select theaters nationwide on November 4 as part of a one-night special event. For a detailed listing of theaters and ticket information, visit www.raceacrossthesky.com.

A sold-out field of more than 1,500 riders, including some of mountain bike racing's best professionals, took part in the 2010 race on August 14. Back-to-back winner Rebecca Rusch secured the women's division with a time of 7:47:35, while Levi Leipheimer won the men's division with a time of 6:16:37. Both broke their divisions' course record. Based on past course results, approximately 65% of riders finish within the event's 12-hour time limit and receive the coveted Leadville Trail 100 silver and gold belt buckle.

Registration for the 2011 Leadville Trail 100 mountain bike race opens Thursday, November 4, 2010, and closes on January 31, 2011. All entrants are chosen by lottery. For more information, visit www.leadvilletrail100.com.

About the Life Time Fitness Leadville Trail 100 Race Across the Sky
Founded in 1983 by Ken Chlouber, the Leadville Trail 100 has emerged as the leader in

ultra-endurance races, adding the 100-mile Mountain Bike Race to its series in 1994. Starting and finishing in downtown Leadville, Colorado, a boom and bust mining town in the heart of the Rockies, the race takes place on a 52 mile out-and-back course within high altitude mountains and valleys. Each year, thousands of participants compete in a series of "Race Across the Sky" events presented under the Leadville Trail 100 Series banner. In August 2010, Life Time Fitness became the owner and producer of the Leadville Series of Events. For more information, visit leadvilletrail100.com.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) is a healthy way of life company based in Chanhassen, Minnesota. The Company is dedicated to providing programs and services that help its members connect and engage with their areas of interest, and achieve success with their health and fitness goals. Life Time Fitness designs and operates distinctive, multi-use sports, professional fitness, family recreation and spa/resort centers that help members lead healthy and active lives. As of September 27, 2010, the Company operated 90 centers in 19 states and 24 markets. Additional information about Life Time Fitness centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness, Inc.