

Leadville Trail Marathon and Heavy Half Marathon Kick off Leadville Race Series July 2

LEADVILLE, Colo.--(BUSINESS WIRE)-- A field of nearly 1,000 runners will descend upon Leadville, Colo. July 2 to take part in the Leadville Trail Marathon and the Heavy Half Marathon. These events will kick off not only the overall 2011 Leadville Race Series, but also the grueling five-event Leadman Challenge.

The Leadville Trail Marathon is one of the most challenging marathons in the world as it combines beautiful and rugged terrain with extreme altitude changes, including the highest elevation of 13,185 feet. Special recognition will go to any athlete who breaks the current course records, which were set in 2009 by Dennis Flanagan in 3:32:30 and 2008 by Keri Nelson in 3:58.08.

The Heavy Half Marathon is slightly longer than a traditional half-marathon race as it is a 15.5 mile out-and-back trail run from the center of town to the top of Mosquito Pass. Like the Marathon, it is a very challenging course, whether for a first-timer or an experienced veteran of altitude.

The Leadville Race Series, best known for drawing athletes of all skill levels, will once again feature some remarkable real life stories at the Leadville Marathon and Heavy Half Marathon, including:

- Dr. Irving King Jordan: The co-founder of the American Association of People with Disabilities (AAPD), Dr. Jordan made history in 1988 when he became the first deaf president of Gallaudet University, the world's only university with all programs and services designed specifically for students who are deaf and hard of hearing. Last April, he was appointed by President Barack Obama to serve on the Commission on Presidential Scholars.
- Bob Alexander: In December 2009, Alexander had open-heart surgery to repair a life-threatening genetic heart valve defect that was leaking 40 percent of his blood backward, which had gone undetected his entire life. Since open-heart surgery, Alexander has completed several ultra-endurance events, including five 100-mile events in the Colorado Mountains and three marathons.
- Sandra Harting: A Leadville resident, 50-year-old Harting lives with anemia, a condition in which the body does not have enough healthy red blood cells. She was diagnosed with this condition 10 years ago, but it has not stopped her from participating in long-distance races. To date, Harting has participated in over 160 marathons and long-distance races around the U.S. This year will mark her fifth year running in the Leadville Trail Marathon.

The Leadville Trail Marathon and Heavy Half Marathon start at 8 a.m. in front of the Sixth Street Gym in downtown Leadville. The course for both races will take participants through

the historic mining district's challenging old mining roads and trails, at altitudes of more than 13,000 feet. For more information on all Leadville races, visit www.leadvilleraceseries.com.

About the Leadville Race Series

Started with only 45 runners as the Leadville Trail 100 in 1983, the Leadville Race Series now consists of six running events and 3 mountain biking events, plus three events in the Leadville Qualifying Series. The Race Series stretches across three months, and hosts thousands of racers on foot and on mountain bike in some of the world's most iconic events. Endurance athletes worldwide now make the pilgrimage to Leadville, Colo., with the single goal of competing in a "Race Across the Sky." For more information, visit www.leadvilleraceseries.com.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest - or discovering new passions - both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. As of June 29, 2011, the Company operated 92 centers under the LIFE TIME FITNESS^(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness