

October 11, 2009



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

Professionals Matt Reed (USA) and Lisa Norden (SWE) Win Dallas Race; Reed and Sarah Haskins (USA) Win 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

DALLAS--(BUSINESS WIRE)-- The 2009 U.S. Open Triathlon and the Life Time Fitness Triathlon Series Race to the Toyota Cup saw Matt Reed (USA) hold off two-time U.S. Open Triathlon Champion Greg Bennett (AUS). 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.

In the women's pro race, Sweden's Lisa Norden used a strong bike and run to overtake America's Sarah Haskins and defend her U.S. Open title. Haskins lead all women out of the water but it wasn't enough to defeat Norden. Haskins won the U.S. Open title in 2007, the event's inaugural running and she has finished second to Norden in the last two U.S. Open events.

Reed, who currently resides in Boulder, CO, used the day's best swim and the day's best run to secure his first Life Time Fitness Triathlon Series Race to the Toyota Cup title. Meanwhile, Bennett held off New Zealand's Bevan Docherty to finish second in Sunday's race which also gave Bennett the second place finish in the Life Time Fitness Triathlon Series' Race to the Toyota Cup.

Haskins' second place finish gave the St. Louis native her first Life Time Fitness Triathlon Series Race to the Toyota Cup title. Julie Dibens (GBR) finished third in Sunday's event moving her into second place in the Series standings.

Paul Matthews (AUS) finished third in the Series points standings while New York native Rebeccah Wassner (USA) was third in the women's Life Time Fitness Triathlon Series Race to the Toyota Cup standings. Matthews was eighth in Sunday race while Wassner started but was unable to finish due to an injury.

Unofficial 2009 U.S. Open Professional Division results - Dallas, TX

MEN

Pro Triathlete	Unofficial Time	Cash Prize	2009 Triathlon Series Points
1. Matt Reed	1:51:03	\$20,000	20,000
2. Greg Bennett	1:51:22	\$8,000	18,000

3. Bevan Docherty	1:51:26	\$6,000	16,000
4. Stuart Hayes	1:51:31	\$3,000	14,000
5. Bruno Pais	1:51:38	\$2,500	12,000
6. Matt Chrabot	1:52:30	\$2,000	10,000
7. Ben Collins	1:52:36	\$1,800	8,000
8. Paul Matthews	1:53:19	\$1,200	6,000
9. Fabio Carvalho	1:53:36	\$1,000	4,000
10. Andrew Starykowicz	1:54:09	\$500	2,000

#### WOMEN

Pro Triathlete	Unofficial Time	Cash Prize	2009 Triathlon Series Points
1. Lisa Norden	2:01:44	\$20,000	20,000
2. Sarah Haskins	2:01:59	\$8,000	18,000
3. Julie Dibens	2:03:15	\$6,000	16,000
4. Sarah Groff	2:03:33	\$3,000	14,000
5. Nicola Spirig	2:04:07	\$2,500	12,000
6. Jasmine Oeinck	2:06:09	\$2,000	10,000
7. Jillian Petersen	2:06:36	\$1,800	8,000
8. Nicky Samuels	2:06:41	\$1,200	6,000
9. Daniela Ryf	2:07:06	\$1,000	4,000
10. Jodie Stimpson	2:09:02	\$500	2,000

### 2009 Life Time Fitness Triathlon Series Race to The Toyota Cup Final Standings

#### MEN

Name (Country)	Total Points
Matt Reed (USA)	48,000
Greg Bennett (AUS)	43,000
Paul Matthews (AUS)	18,000

## WOMEN

Name (Country)	Total Points
Sarah Haskins (USA)	47,000
Julie Dibens (GBR)	32,000
Rebeccah Wassner (USA)	16,000

## About the 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

The Series uniquely combines five of the most prominent International distance (1.5 km swim, 40 km bike and 10 km run) events in the country:

- Life Time Fitness Triathlon - July 11 in Minneapolis
- Nautica New York City Triathlon - July 26
- Chicago Triathlon - August 30
- Kaiser Permanente Los Angeles Triathlon - October 4
- Toyota U.S. Open Triathlon - October 11 in Dallas

The 2009 Series offers \$390,000 in total cash prizes for the Professional Division and is made up of \$322,000 in individual race purses and a \$68,000 Series Bonus. The Series Bonus and Race to the Toyota Cup champions will be determined by points awarded at each event. The top six professional women and men (three in each division) will receive a Series Bonus payout in addition to any individual race awards received as determined by total points. Additionally, the top female and male professionals will be awarded the coveted Life Time Fitness Triathlon Series Race to the Toyota Cup. In order to be eligible for the Series Bonus and Toyota Cup, athletes must start four of the five Series events and participate in the Toyota U.S. Open Triathlon championship event in Dallas.

## 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 11, 2009, Life Time Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at [lifetimefitness.com](http://lifetimefitness.com). LIFE TIME FITNESS, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

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