

August 18, 2009



Life Time Fitness Leadville Trail 100 Mountain Bike Race Results

Life Time Fitness, Inc. (NYSE:LTM):

WHAT: The country's highest-altitude bicycle race is presented by Life Time Fitness. For complete results visit milliseconds.com and click on Leadville 100.

WHERE: Leadville, Colorado

WHEN: Saturday, August 15, 2009

WHO: Top Ten Finishes - Men and Women

Over 1,300 participants entered the annual Life Time Fitness Leadville Trail 100 where Lance Armstrong (Austin, TX) defeated six-time champ Dave Wiens (Gunnison, CO). Armstrong crossed the finish line on a flat back tire in 6 hours, 28 minutes, 50 seconds, shaving nearly 17 minutes off the record Wiens set last year. Wiens crossed at 6:57:01.

Men's Division

- 1) Lance Armstrong - Austin, TX
(6:28:51)
- 2) Dave Wiens - Gunnison, CO
(6:57:02)
- 3) Matt Shriver - Durango, CO
(7:09:48)
- 4) Alex Grant - Salt Lake City, UT
(7:10:54)
- 5) Len Zanni - Carbondale, CO
(7:11:21)
- 6) Max Taam - Snowmass Village CO
(7:16:56)
- 7) Travis Brown - Durango, CO
(7:22:05)
- 8) Manuel Prado - Lake Forest, CA
(7:35:27)
- 9) Mike Hogan - Louisville, CO
(7:35:35)

Women's Division

- 1) Rebecca Rusch - Ketchum, ID
(8:14:53)
- 2) Amanda Carey - Victor, ID (8:40:03)
- 3) KC Holley - Spanish Fork, UT
(8:59:20)
- 4) Dawn French Passant - Crested Butte, CO (9:29:43)
- 5) Natalie Ryan - Denver, CO (9:41:45)
- 6) Katie Brazelton - Vail, CO
(9:53:27)
- 7) Tamara Goeppel - Whitehorse, Yukon
(9:55:17)
- 8) Rachel Farrett - Parker, CO
(9:56:01)
- 9) Emily Brock - Columbia, SC
(10:03:49)

10) Jason Tullous - Tuscon, AZ
(7:35:47)

10) Gale Bernhardt - Loveland, CO
(10:08:05)

About the Life Time Fitness Leadville 100 MTB

For the second straight year, Life Time Fitness is the title sponsor of the Leadville Trail 100. The 100-mile event began in 1994 and has become the best known Ultradistance event in mountain bike racing. It also represents one of several races presented under the Leadville Trail 100 banner, an event series founded by President, Ken Chlouber, and Race Director, Merilee Maupin.

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 August 18, 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. 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.

Source: Life Time Fitness, Inc.