

May 20, 2014



24th Annual Life Time Tri CapTex Takes Over Austin This Memorial Day

Event approaching sell-out with 3,100 athletes expected to participate

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

WHAT: On Monday, May 26, Life Time - The Healthy Way of Life Company, will host thousands of athletes and spectators at the 24th annual Life Time Tri CapTex in Austin, Texas.

Life Time Tri CapTex will kick off at the Palmer Events Center on Memorial Day morning and is expected to sell-out giving 3,100 athletes a unique opportunity to swim, bike and run through the heart of the city before enjoying a finish and post-race festival.

The race will serve athletes of all levels from around the world, from first-time triathletes to top ranked professionals. Life Time Tri CapTex offers an Olympic-distance course, Sprint-distance course and SuperSprint-distance course. Life Time Tri CapTex is the second race in the Life Time Tri Pro Series. The winner will take home part of a \$30,000 cash purse.

New this year, Life Time has expanded its support of [St. Jude Children's Research Hospital](#), which is leading the way the world understands, treats and defeats childhood cancer and other deadly diseases. Participants in the event are invited to "tri for the kids" of St. Jude and raise money to earn great perks such as free race entry, race weekend travel accommodations, St. Jude gear and much more. For more information visit [CapTexTri.com](#) and click on the [Charities tab](#).

The community is invited to the Life Time Tri CapTex Health & Fitness Expo at the Palmer Events Center from 10:00 a.m. to 6:00 p.m. on Sunday. The free event will give athletes and supporters an opportunity to learn more about the triathlon, St. Jude Children's Research Hospital and other area health and fitness vendors.

WHEN: Sunday, May 25

10:00 a.m. – 6:00 p.m.: Expo/Package pickup at [Palmer Events Center](#) in Austin.

10:30 a.m. – 6:30 p.m.: Bike check-in at [Auditorium Shores](#) in Austin

Monday, May 26– Race Day

6:45 a.m.: Pro start

7:00 a.m.: Para tri start

7:30 a.m.: Olympic start

9:00 a.m.: Sprint start

10:00 a.m.: SuperSprint start

11:30 a.m.: Awards Ceremony

WHERE: Palmer Events Center
900 Barton Springs Rd
Austin, Texas 78704

REGISTRATION:

For more information including registration and course information visit [www.captextri.com](#), the official website of the Life Time Tri CapTex Find more information about the Life Time Tri CapTex on Twitter by following [@CapTexTri](#) and by liking the [Life Time Tri Series Facebook page](#).

VISUALS/INTERVIEWS:

Visuals include thousands of athletes swimming, cycling and running through the city, fans

of all ages lined up along the course cheering, clapping and waving signs along with post-race festivities including an awards ceremony. Interviews can be arranged as needed.

FEATURED ATHLETES

Dynamic Daddy/Daughter Duo

Among the athletes participating will be Eric Kottke, 43, and his daughter Sophia Kottke, 12. The two both share a love of triathlons and have been tackling them together since Sophia was five years old. This Memorial Day Eric and Sophia will take on their greatest challenge. The two will complete the Life Time Tri CapTex International Distance. Life Time Tri CapTex will be the longest course the two have tackled together.

#1 visually impaired triathlete in the world to compete

Aaron Scheides will compete in the Life Time Tri CapTex. Doctors diagnosed Scheides with a hereditary degenerative eye condition when he was in 2nd grade. Battling through hard times in his early teens, Aaron found the sport of triathlon and turned his life around. Beginning with sprint triathlon and continuing up the triathlon pyramid, Aaron is now an eight-time triathlon World Champion and eight-time National Champion.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The company’s Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of May 18, 2014, the Company operated 108 centers under the LIFE TIME FITNESS and LIFE TIME ATHLETIC brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

About St. Jude Children’s Research Hospital

St. Jude Children’s Research Hospital is leading the way the world understands, treats and defeats childhood cancer and other deadly diseases. St. Jude has the world’s best survival rates for the most aggressive childhood cancers, and treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to 80 percent since we opened more than 50 years ago. St. Jude is working to drive the overall survival rate for childhood cancer to 90 percent in the next decade. St. Jude freely shares the breakthroughs we make, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children. Families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live. Join the St. Jude mission by visiting stjude.org or following [St.Jude on Facebook](#) and on Twitter by following [@StJude](#).

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Source: Life Time Fitness, Inc.