

## Top Finishers At The Leadville Silver Rush 50 Mtb Race And 50 Trail Run

A field of more than 1,000 runners and cyclists competed in the [Silver Rush 50 MTB Race](#) and [50 Trail Run](#) July 16-17. The same course is used for the bike and the run and it is one of the most challenging courses in the world. The course navigates 50 miles of extreme terrain that starts at an elevation of 10,200 feet and climbs to 12,000 feet four times.

Competing against a strong field of cyclists in the 50 MTB race, Laurie Brandt (Montrose Colo.) took first place in the women's division at 5:09:00 and Alexander Hagman (Fort Collins, Colo.) took first place in the men's division at 3:58:57.

In the 50 Trail Run, Helen Cospolich (Breckenridge, Colo.) placed first in the women's division at 8:06:33. In the men's division, Craig Howie (Casper, Wyo.) placed first in the men's division at 7:05:08.

Thirty competitors completed both races, earning the coveted Silver King and Queen awards - Joseph Berg (Littleton, Colo.) was the fastest overall male at 12:20:19 (4:37:45 bike and 7:42:34 run), while Beth Gouge (Colorado Springs, Colo.) was the fastest overall female at 18:27:50 (6:26:35 bike and 12:01:15 run).

Both Silver Rush events began at the Cloud City Ski Hut and led participants through the historic mining district's challenging mining roads and trails. For more information on all Leadville races, visit [www.leadvillaceraceseries.com](http://www.leadvillaceraceseries.com).

### **About the Leadville Race Series**

Launched with 45 runners as the Leadville Trail 100 in 1983, the Leadville Race Series now consists of six running events and three mountain biking events. In 2011, three additional events in the Leadville Qualifying Series. The Race Series begins July 2 with the Leadville Trail Marathon and Heavy Half Marathon events and concludes with the 12/24 Hours of Leadville MTB and Run Sept. 3 - 4. The Leadville Race Series hosts thousands of racers on foot and on mountain bike in some of the world's most iconic events and environment. 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.leadvillaceraceseries.com](http://www.leadvillaceraceseries.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 July 20, 2011, the Company operated 92 centers under the LIFE TIME FITNESS<sup>®</sup> and LIFE TIME ATHLETIC<sup>SM</sup> 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](http://lifetimefitness.com).

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