

Life Time Torchlight 5k Reignites August 25

WHAT: The [Life Time Torchlight 5K](#) is resurrecting from the heat to deliver one of the coolest running events of the summer Aug. 25. While the typical happy hour ends by 6 p.m., the Torchlight 5K invites race-goers to extend their happy hour later into the evening with MillerCoors.

Along with the rescheduled date is a new race route and start time, exclusive to this year's event only. With a sunset as the backdrop, the week night race will begin and end on St. Anthony Main, near Nicollet Island. Runners of all ages and abilities are invited to suit up figuratively, literally, or creatively and run or walk along an urban, yet scenic route along the picturesque Minneapolis riverfront beginning at 8 p.m. The race also serves as the championship race for the USA Track and Field Minnesota 5K circuit.

A post-race bash will follow on Nicollet Island including prizes and refreshments for race participants and the general public.

Those interested in participating can still register online through Aug. 23. For more information visit www.torchlight5k.com.

All registrations for the July 20 event will be honored at this rescheduled event.

WHERE: Packet pickup: Nicollet Island, Minneapolis

Start and Finish: Main St. along St. Anthony Main, Minneapolis

WHEN: Thursday, Aug. 25

Packet pickup/registration: 5:30 p.m. – 7:30 p.m..

Race start: 8:00 p.m.

ADDITIONAL

DETAILS: Media is welcome to attend and take pictures/roll footage. For access to the event, media *must* contact Erica Dao (952-229-7805) at Life Time Fitness.

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 27, 2011, the Company operated 92 centers under the LIFE TIME FITNESS[®] 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.

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