

Nearly 1,000 Runners Lace Up For The Legendary Leadville Trail 100 Run August 20

LEADVILLE, Colo.--(BUSINESS WIRE)--Legends will be created and limits will be tested on August 20 as nearly 1,000 runners embark upon one of the country's most grueling ultra-distance races in history, the Leadville Trail 100 Run. Entering its 29th year, the event will expose runners to the rugged Colorado Rockies as they attempt to finish the race in 30 hours or less.

Beginning and ending in the heart of Leadville, Colo., located 100 miles west of Denver, participants from 45 states and 10 countries will race on a demanding 103-mile out-and-back course with descents ranging from 9,200 feet to 12,612 feet.

This year's event includes a strong field of competitors including 2010 Leadville Trail 100 Run Champions Elizabeth Howard and Duncan Callahan. Both will be joined this year by some of the most elite ultra-distance runners in the world, including: Lynette Clemons, Stephanie Jones, Ryan Sandes, Barefoot Ted, and Micah True.

"Since 1983, when only 113 racers toed the start line, the Leadville Trail 100 Run has been a true test in determination and spirit for ultra-distance runners of all abilities," said Kenneth Cooper, vice president of Life Time Fitness Athletic and Endurance events. "For nearly three decades this legendary race has proven that, as tough as the journey may be, there are no insurmountable obstacles. We're looking forward to continuing this 'must-do' for every serious runner for decades to come."

The race begins at 4:00 a.m. MT at the corner of Sixth Street and Harrison Avenue in Leadville, and marks the fifth and final challenge for the 48 athletes still eligible for the Leadman and Leadwoman Challenge. Since July, each Challenge athlete has competed in the Leadville Trail Marathon, Leadville Silver Rush 50-Mile Mountain Bike Race or Silver Rush 50-Mile Trail Run Race, Leadville Trail 100 MTB Race, and Leadville 10K Run. For more information visit www.leadvilleraceseries.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. 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. It begins each July with the Leadville Trail Marathon and Heavy Half Marathon events and concludes with the 12/24 Hours of Leadville MTB and Run in September. 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 leadvilleraceseries.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 August 16, 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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