

Oceanside Selected As The 2013 Life Time Tri Championship Event

Prime California location will serve as final destination of expanded sprint- and international-course triathlon schedule; Registration open at lifetimetri.com

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time (NYSE: LTM), the Healthy Way of Life Company, today unveiled that the 2013 [Life Time Tri](#) championship event will be held on Sunday, October 20, 2013 in Oceanside, Calif. In its inaugural year, [Life Time Tri Oceanside](#) is expected to host more than 1,500 of triathletes as the final of 12 Life Time Tri events across the country.

"Oceanside is recognized worldwide as a sought-after triathlon destination," said Kimo Seymour, vice president, Life Time Athletic Events. "Nestled between San Diego and Los Angeles, Oceanside is a challenging, scenic course—a truly unique experience for triathletes of all abilities—and the perfect conclusion to our 2013 Life Time Tri schedule."

Life Time Tri Oceanside will start with a 1.5-kilometer swim in the waters of Oceanside Harbor, which has an average water temperature of 63-65 degrees in late October. Athletes will enjoy an ocean front transition before starting a 40-kilometer bike course along the San Luis Rey Mission Expressway. The 10-kilometer run course follows white, sandy beaches allowing for a spectator-fueled finish adjacent at the historic Oceanside Pier. To keep Life Time Tri Oceanside accessible to athletes with a concentration on short course format, as well as beginner athletes, the event also will feature a shorter sprint distance race.

"We are honored that Oceanside has been chosen from among some of the country's most spectacular destinations to host Life Time Tri's championship event," said Leslee Gaul, chief executive officer and president, Visit Oceanside. "With its accessibility to major west coast markets, stunning beauty and tourism infrastructure, Oceanside will resonate with both athletes and spectators alike."

Along with professional athletes from around the world, Life Time Tri events attract more than 25,000 elite and age group athletes each season. Professional and elite triathletes will compete in international-distance and relay team competitions on courses. To keep Life Time Tri races accessible to athletes of all ages, kids events are available in select markets.

To register for any of the Life Time Tri events, visit lifetimetri.com, the official website of Life Time Tri. You also can stay updated with the latest information from Life Time Tri on Twitter by following [@LifeTimeTri](#) and by liking the [Life Time Tri Facebook page](#).

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 January 29, 2013, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

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