https://stage.mediaroom.com/lifetimefitness/2015-07-10-life-time-athleta-esprit-de-she-race-series-hosts-womens-only-5k-and-10k-on-july-18-in-chicago-registration-still-open? for PDF=1

Life Time Athleta Esprit De She Race Series Hosts Women's Only 5K And 10K On July 18 In Chicago. Registration Still Open

All-women's event inspires, motivates and celebrates at Lincoln Park; Features post-race rendezvous including champagne bubbly bar

(BUSINESS WIRE)--Life Time Fitness, Inc. (NYSE:LTM):

WHAT:

On Thursday, July 18 Life Time Athleta Esprit de She, the nation's premiere athletic event series designed exclusively for women, will host a 5K and 10K at Lincoln Park along the shores of beautiful Lake Michigan.

Athleta Esprit de She features a signature post-race rendezvous complete with champagne bubbly bar, tasty tapas and community market showcasing fresh produce, local artisans, creative projects and more. To complement the fun race experience, participants will receive a custom designed, tri-blend lifestyle tank as well as a stylishly functional race bag to use while shopping the post-race night market!

Athleta Esprit de She has also partnered with Girls on the Run. Race participants have the opportunity to make a donation to Girls on the Run in one of three ways: 1) donate now, 2) donate as part of the registration process, or 3) become a "SoleMate" for your local council.

To see highlights from past Esprit de She events visit http://www.youtube.com/watch? v=yBeemyxGd c&noredirect=1.

WHEN:

July 16

5 p.m. - 7 p.m. Registration and packet pickup at the Athleta store on Southport

July 17

10 a.m. - 12 p.m. Registration and packet pickup at the Athleta store on Southport

July 18 EVENT DAY

3 p.m. - 6:30 p.m. Day-of registration and packet pickup

7 p.m. Race begins

7 p.m. - 11 p.m. Post-race rendezvous and night market

July 19

6 p.m. – 8 p.m. A Toast to You at the Athleta store on Southport. Celebrate your race with family and friends at this special event featuring mini-massages and cool refreshments.

WHERE:

Lincoln Park

2045 N. Lincoln Park West, Chicago, IL 60614

Both the 5K and 10K courses begin north of West Fullerton Parkway near Diversey Harbor and finish at the Diversey Yacht Club. For full course descriptions and course maps, visit espritdeshe.com.

REGISTRATION:

Registration is still open at EspritdeShe.com. Participants can choose either the 5K or 10K.

VISUALS/INTERVIEWS:

Visuals include course tours at Lincoln Park, visuals of female participants in the 5K and 10K races, post-race rendezvous and market including bubbly bar, beauty bar, tasty tapas, music and local vendors. Interviews can be arranged with Esprit de She National Brand Manger Lindsey Kurhajetz, the local race director, as well as local Chicago participants.

* MEDIA NOTE: For on-site media credentials, please contact Lauren Flinn at 952.229.7776 (office) or 919.302.3789 (cell) or by email at lflinn@lifetimefitness.com.

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 July 9, 2013, the Company operated 106 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 Athleta

Athleta is a premium fitness and lifestyle brand for women, outfitting female athletes in the ultimate performance apparel for every

athletic pursuit, from yoga and pilates to running, swimming and biking and everything in between. Athleta's mission is to celebrate and inspire women athletes of all levels while delivering beautiful, high-quality, performance products designed by female athletes for female athletes. Athleta sells its products through stores nationwide, its website, www.athleta.com, and in its catalog. Headquartered in Petaluma, CA, Athleta was acquired by Gap Inc. (NYSE: GPS) in September 2008 and is part of the Growth, Innovation & Digital division.

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