Commit To Tri With Life Time's Premier Triathlon Series In 2016

Registration for 10 Life Time Tri Series events opens today at LifeTimeTri.com

MINNEAPOLIS--(BUSINESS WIRE)--In 2015, more than 28,000 athletes from 10 to 82 years young realized their triathlon goals—from accomplishing their first triathlon to celebrating their triathlon PR—in one of the most successful Life Time Tri Series to date. More than 16 percent of those participants were first-time triathletes and thirty-seven percent of participants were women, a 7 percent increase in female participants over 2014.

Growing the sport of triathlon across the U.S. remains a top priority for Life Time SM, The Healthy Way of Life Company as registration for ten 2016 Life Time Tri events opens today, Tuesday, October 13, 2015 at 12 p.m. CDT. Lottery registration for thePanasonic New York City Triathlon will open on Sunday, November 1, 2015 at 12:01 a.m. EDT.

In total, Life Time Tri will host 11 events throughout 2016, featuring some of the most prominent triathlons in the U.S. including the Panasonic New York City Triathlon and the world's largest triathlon—the Transamerica Chicago Triathlon. Life Time will also commemorate the rich heritage of three events celebrating a large milestone this year: Boulder Peak Triathlon (25th annual),CapTex Triathlon (25th anniversary) and the Minneapolis Triathlon (15th annual).

2016 Life Time Tri Series Race Schedule

Event	Date
Life Time Tri South Beach	April 3, 2016
Life Time Tri Marquee	April 10, 2016
Life Time Tri CapTex	May 30, 2016
Life Time Tri Trinona	June 12, 2016
Life Time Tri Minneapolis	July 9, 2016
Life Time Tri Boulder Peak	July 10, 2016
Panasonic New York City Triathlon	July 24, 2016
Life Time Tri Maple Grove	August 20, 2016
Transamerica Chicago Triathlon	August 28, 2016
Life Time Tri Tempe	September 18, 2016
Mack Cycle Escape to Miami Triathlon	September 25, 2016

Each Triathlon event features an International distance course, which consists of a 1.5-kilometer swim, a 40-kilometer bike, and a 10-kilometer run (distances may vary by location). Select events also offer Sprint, Super Sprint and Kids Triathlon courses of shorter, varying distances. International distance triathlons will continue to be the exclusive short distance contributors to IRONMAN [®] Age Group Ranking and IRONMAN All World AthleteTM programs.

To support additional growth in the sport of triathlon, Life Time offers a variety of free and fee-based training options at its 117 destinations nationwide to prepare athletes of all fitness levels for their triathlon. Complimentary educational seminars and race simulations, along with Life Time Endurance Coaching, Starting Line 101 Clinics, Triathlon Training Camps, Life Time Tri Team Training and Indoor Triathlon Hour events provide the valuable tools athletes need to ensure race day success.

Registration for the January 3, 2016 Indoor Triathlon Hour powered by Life Time Tri Series and IRONMAN is also open atwww.indoortri.com. Hosted at more than 80 Life Time locations nationwide, the timed event (10 minute swim, 30 minute bike and 20 minute run) is an ideal opportunity for beginners to experience the sport in a non-threatening indoor environment and for those seeking an endurance tune-up.

Official Charity Partner

Again in 2016, select Life Time Tri Series events will benefit St. Jude Children's Research Hospital. St. Jude is leading the way the world understands, treats and defeats childhood cancer and other life-threatening diseases. Throughout the 2015 season, Life Time Tri participants raised more than \$400,000 for this important cause. Participants in 2016 are encouraged to raise funds for St. Jude and can qualify for benefits such as free race entry and race day hospitality.

Panasonic New York City Triathlon

A registration lottery will again determine entrance to the world renowned Panasonic New York City Triathlon. The lottery will open on Nov. 1, 2015 at 12:01 a.m. EDT and will close November 15 at 11:59 p.m. EST. For more information about the registration lottery visit www.NYCTri.com.

Additional Information

To register for any of the 2016 Life Time Tri events, visit www.LifeTimeTri.com. Stay updated with the latest information by following @LifeTimeTri on Twitter and by liking the Life Time Tri Facebook page.

For more on the Life Time Tri Series view this video: 2016 Life Time Tri Series

About Life TimeSM, The Healthy Way of Life Company

Life Time is a privately held, comprehensive health and lifestyle company that offers a personalized and scientific approach to longterm health and wellness. Through its portfolio of distinctive resort-like destinations, athletic events and corporate health services, the Healthy Way of Life Company helps members achieve their goals everyday with the support of a team of dedicated professionals and an array of proprietary health assessments. As of October 13, 2015 the company operates 117 centers in 26 states and 34 major markets under the LIFE TIME FITNESS $^{\textcircled{\$}}$ and LIFE TIME ATHLETIC $^{\textcircled{\$}}$ brands in the United States and Canada. Additional information is available at www.lifetimefitness.com.

About St. Jude Children's Research Hospital

St. Jude Children's Research Hospital is leading the way the world understands, treats and defeats childhood cancer and other deadly diseases. St. Jude has the world's best survival rates for the most aggressive childhood cancers, and treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to 80 percent since we opened more than 50 years ago. St. Jude is working to drive the overall survival rate for childhood cancer to 90 percent in the next decade. St. Jude freely shares the breakthroughs we make, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children. Families never receive a bill from St. Jude for treatment, travel, housing and food – because all a family should worry about is helping their child live. Join the St. Jude mission by visiting stjude.org or following St. Jude on facebook.com/stjude and twitter.com/stjude.

For further information: Life Time Media Contact: Amy Henderson, 952-229-7721 ahenderson2@lifetimefitness.com

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