

Nation's Premier Women's Event Series Expands To Colorado's Red Rocks Amphitheatre And Columbus, Ohio In 2016

Gildan Esprit de She to host 5K/10Ks, duathlons and triathlons in eleven cities across the US

LOUISVILLE, Colo., July 19, 2016 /PRNewswire/ -- Women across the country are invited to "Be Your Potential" at the 2016 [Gildan Esprit de She—The Spirit of Her Race Series](#), set to expand in its fourth season to two new destinations, the iconic Red Rocks Amphitheatre outside Denver, Colo. and Genoa Park in Columbus, Ohio.

Produced by [Life TimeSM - The Healthy Way of Life Company](#), Gildan Esprit de She is well-known for its signature Thursday night fitness-inspired "happy hour" 5K/10K runs, duathlons and triathlons, and is excited to host a new fitness mash-up that combines running, yoga and a headliner concert at Red Rocks Amphitheatre this Fall. The series, popular for its inviting appeal to female athletes of every pace and passion, curates more than a designer race experience, by inspiring a lifestyle that unites women, families and communities through a foundation of fitness and empowerment.

Each race, thoughtfully designed, is a celebration honoring athletic achievements and a total lifestyle of living well. This season, participants are invited to connect, celebrate and challenge their own potential, not only in training and racing, but in life through the "Be Your Potential" theme. The Series encourages women to reach for the courage, strength, determination and power that lies in us all and turn "what if?" into "when."

"We are proud to host athletic events that positively change the lives of young girls and women of all ages," says Lindsey Sachs, Gildan Esprit de She Founder. "From the moment women register and commit to race, through training, to their step across the finish-line, our athletes join a supportive community that champions their fitness and personal goals and creates lifelong memories. We are thrilled this year to offer an expanded event line-up within the dynamic fitness-centric markets of Denver and Columbus, and to cultivate stronger communities enabling women to connect and realize their true potential through living a healthy way of life."

Red Rocks Amphitheatre, Colo.

On Saturday, October 22, Red Rocks Amphitheatre just outside Denver in Morrison, Colo., will become host to a Gildan Esprit de She fitness mash-up, featuring running, yoga and a sunset concert. This idyllic venue, celebrating its 75th anniversary in 2016, offers Gildan Esprit de She fans across the country, a new "racecation" opportunity. The one-of-a-kind event, limited to 5,000 participants, consists of a rolling 5K or 10K run with the beautiful Red Rocks backdrop, Yoga Rocks! classes taught by Gina Caputo - Yogini on the Loose, and a sunset concert by Jana Kramer, 2016 Academy of Country Music nominee for Female Vocalist of the Year whose newest album Thirty One features the current single "Said No One Ever." Registration is now open at www.EspritdeShe.com, and the first 2,000 registrants will receive premium seating for the Jana Kramer concert portion of the event.

Columbus, Ohio

Columbus, Ohio is both a strong running community and near several Life Time Fitness destinations. The 5K/10K fitness-inspired "happy hour" run will be held in Genoa Park on Thursday evening, September 22. Following the race, participants will enjoy the Lifestyle Market featuring a Bubbly Bar with complimentary champagne and wine, healthy eats and live acoustic music. The fun and festivities continue at the Panasonic Beauty Bar powered by Life Spa where women will enjoy manicures, massages or hair braiding.

2016 Gildan Esprit de She Schedule of Events

The 11 event series kicked off on May 8 in Tempe, Ariz. with a fitness-inspired Mother's Day duathlon and 5K and concludes with a 5K/10K in The Woodlands, Tx. on Nov. 10, 2016.

- Tempe, AZ Triathlon, Duathlon & new 5K - Sunday, May 8
- Cary, NC 5K/10K - Thursday, May 12
- Lakeville, MN Duathlon & Triathlon - Sunday, May 22
- Naperville, IL Triathlon - Sunday, June 12
- Chicago, IL 5K/10K - Thursday, July 21
- Maple Grove, MN 5k and Fitness Jam - Thursday, August 4
- Columbus, OH 5K/10K - Thursday, September 22
- San Diego, CA Triathlon, Duathlon and new 5K - Sunday, October 16
- Denver, CO 5K/10K, Yoga and Jana Kramer Concert - Saturday, October 22
- Atlanta, GA 5K/10K - Thursday, November 3
- Woodlands, TX 5K/10K - Thursday, November 10

To RSVP for any of the Gildan Esprit de She events, visit the official website at www.espritdeshe.com.

Follow Gildan Esprit de She on Instagram [@espritdeshe](#), Twitter [@EspritdeShe](#) and on the [Esprit de She Facebook page](#).

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 long-term 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 July 2016 the company operates 122 centers in 26 states and 35 major markets under the LIFE TIME FITNESS[®] and LIFE TIME ATHLETIC[®] brands in the United States and Canada. Additional information is available at www.lifetimefitness.com.

About Gildan

Gildan is a leading supplier of quality branded basic family apparel, including T-shirts, fleece, sport shirts, underwear, socks, hosiery and shapewear. The Company sells its products under a diversified portfolio of company-owned brands, including the Gildan[®], Gold Toe[®] and Anvil[®] brands and brand extensions, as well as the Secret[®], Silks[®] and Therapy Plus[™] brands. The Company also has the U.S sock license for Under Armour[®], and licenses for Mossy Oak[®] and New Balance[®] brands. The Company distributes its products in printwear markets in the U.S. and Canada, as well as in Europe, Asia Pacific and Latin America. The Company also markets its products to a broad spectrum of retailers in the U.S. and Canada. The Company also manufactures for select leading global athletic and lifestyle consumer brands.



Gildan owns and operates vertically-integrated, large-scale manufacturing facilities which are primarily located in Central America and the Caribbean Basin to efficiently service the quick replenishment needs of its customers in the printwear and retail markets. Gildan has over 43,000 employees worldwide and is committed to industry-leading labour and environmental practices in all of its facilities. More information about the Company and its corporate citizenship practices and initiatives can be found at its corporate websites www.gildan.com and www.genuinegildan.com, respectively.

Video - http://origin-qps.onstreammedia.com/origin/multivu_archive/PRNA/ENR/EDS-RED-Rocks-v6-HD.mp4

Logo - <http://photos.prnewswire.com/prnh/20160329/348834LOGO>

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Additional assets available online:  [Video \(1\)](#)  [Photos \(1\)](#)