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**FOR RELEASE**

**TWELVE YEAR OLD FOLLOWS DAD'S FOOTSTEPS IN TRIATHLON TRAINING**

*Sophia Kottke will be one of the youngest to compete in the Life Time Tri CapTex*

**AUSTIN, Texas (April 21, 2014) – [Life Time – The Healthy Way of Life Company](#)**

(NYSE:LTM) will once again host the [2014 Life Time Tri CapTex](#) on May 26, continuing the city's Memorial Day tradition. The triathlon will take place at the Palmer Events Center in Austin, Texas, and is expected to sell-out and bring more than 3,000 athletes and spectators to downtown Austin.

Among the athletes participating will be Eric Kottke, 43, and his daughter Sophia Kottke, 12. The two both share a love of triathlons and have been tackling them together since Sophia was five years old.

"She would want to come with me on my morning workouts," Eric said. "Eventually she formed a desire to train and we encouraged her to do races." Since then, the two have tackled several races together with the Hill Country Kids and Family Triathlon Race being among Sophia's favorite.

This Memorial Day Eric and Sophia will take on their greatest challenge. The two will complete the Life Time Tri CapTex International Distance in Austin, Texas. Life Time Tri CapTex will be the longest course the two have tackled together. It includes a .93 mile swim, 24.8 mile bike and a 6.2 mile run. To prepare, Eric and Sophia are putting in long hours training. To Eric and Sophia, training means they get to spend consistent quality time together.

“It provides an environment for her to speak honestly with me about life matters that are important to her as well as the opportunity for me to speak to her about things like the sport of triathlon, physical health, determination and commitment.”

In the midst of training 9-10 hours a week for triathlons, sixth grader Sophia also has to balance school, studying, and just being a kid! “In the morning at about 6 a.m. my father and I train so it doesn’t interrupt studying the rest of the day. But being a kid, well, when I can, I am!” Sophia said. Eric tries not to push Sophia too hard but admits it’s a delicate balance.

“I do my best to balance the training schedule with the importance of building our father daughter relationship. At times, it can be an exercise in extreme patience,” Eric said. “I believe it helps build her self-confidence, character, physical and mental health.”

Eric and Sophia have big goals they are working toward. Individually, Eric’s gearing up for a half Ironman later this year and wants to complete an Ironman next year. Sophia plans on training with Des Ficker’s Fit Fickers this summer and possibly competing in the Youth and Junior National Triathlon Championships in Ohio. This is only the beginning for her as she says, “by the time I’m in my 20s, I’d like to be able to go to the Olympics!” Together, Eric and Sophia’s ultimate goal is to complete an International (Olympic) distance triathlon in each continent as a father daughter team for the benefit of philanthropy.

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The Life Time Tri CapTex will be held on Monday, May 26, 2014 in Austin, Texas. The race features individual and relay Sprint and Internationals distances, and a SuperSprint distance that includes a 400-meter swim, 10K bike and 5K run. This year is expected to sell out. Registration and additional information is available at [www.captextri.com](http://www.captextri.com)

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**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 April 21, 2014, the Company operated 109 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](http://lifeTimefitness.com)