

From: San Jose Fit

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**Welcome to San Jose Fit's 28th Season
Week 2 - May 9, 2026**

We're honored that you've chosen to take on the next 27 weeks of training with San Jose Fit! Your coaches and organizers are beyond excited and energized to embark on this 27-week journey together. Your commitment to the program, to your training, and to yourself has the power to change your life—and ours as well.

Be sure to watch for FIT NEWS, our weekly newsletter, arriving in your inbox every Wednesday or Thursday. We strongly encourage you to read Fit News in its entirety to stay informed about last-minute updates, important announcements, "Fit" discounts, partner highlights, and more.

Please visit sanjosefit.com regularly for any last-minute BREAKING NEWS, especially on Fridays in case there are changes to Saturday training. You may notice that sanjosefit.com routes to usafittraining.com/sanjosefit/—we're currently sharing a website platform with USA FIT.

Finally, if you're on Facebook, we invite you to request to join [San Jose Fit 2026](#), our Facebook group created for 2026 members and those who love to be inspired by our community. It's another great way to stay connected, share your running or walking journey, find inspiration, and stay informed.

To experience our "Fit News" at it's best "View in Browser".

HERE'S THE PLAN FOR:

WEEK 2: Saturday, May 9, 2026 - 26 weeks remaining

TIME: Please arrive by 7:10 AM to allow time for parking

- If there is a seminar: Walk through the breezeway, past the gym entrance and restrooms, then turn right.

- No seminar: Meet up with your pace group and be ready to run or walk at 7:25 am sharp.

MEETING LOCATION: Raymond J. Fisher Middle School 19195 Fisher Avenue, Los Gatos 95032

GOT RESTROOMS AT RAYMOND J. FISHER MIDDLE SCHOOL?

You betcha, feeling so grateful! Open at 6:30 am

- Last call for restrooms 7:50am if seminar, 7:20 am no seminar - please plan accordingly.

SEMINAR:

Chris Schenone, Owner Running Revolution

Chris will share hydration practices, shoe durability, anti-chafing and much, much more

2026 MANTRA: EVERY STEP BUILDS STRENGTH

Saturday Deets:

Where do I park?

Raymond J. Fisher parking lot and surrounding neighborhood. Please be respectful when parking on the streets in front of home and keep our voices down early am.

Where do I go once I arrive?

Your San Jose Fit Coaches will be there to greet you—look for smiling faces, warm welcomes, and pace signs.

Coaches will be holding pace signs

Pace Group Colors:

Orange – Half Marathon Runners

Yellow – Marathon Runners

Purple – Half Marathon and Marathon Walkers

ANNOUNCEMENTS

SATURDAY Rancho Trail Runs - Starts May 9 - will follow the San Jose Fit Marathon Schedule

Saturday Rancho is offered to returning members and/or those NOT new to running a 10K!

Saturday Meeting time: 6:30 am SHARP

Saturday Meeting Location: Rancho San Antonio County Park, meet by the water fountain near the restrooms in the lower parking lot #6, 22500 Cristo Rey Dr, Cupertino, CA 95014

BIG Thanks to Coach Satpal, Coach Bill, Coach Tarini and Coach Nagamani for stepping up to coach our 2026 Saturday Rancho trail runs!

OPTIONAL PROGRAMS HAVE STARTED OR WILL START SOON:

All program details are now on sanjosefit.com>MEMBERS ONLY password: [sjfit2026](http://sanjosefit.com)

- Yoga with Lalitha started May 5, 2026
If you want to join and did not register, please send an email to info@sanjosefit.com
Attention: Coach Lalitha Cost: \$25.00
- MONDAY Rancho Hill Runs/Hikes will start May 11, 2026
 - The SJFit Hill Run/Walk is included in the SJFit training program (no additional charge) and is completely optional to participate. This is a great way to build strength, endurance, and confidence on the trails.

Location: Rancho San Antonio Park, 22500 Cristo Rey Dr, Cupertino, CA 95014

Where to Meet: At the restrooms in the lower parking lot.

When: Mondays, starting May 11 through September 21

Start Time: 6:30 p.m. through Labor Day 6:00 p.m. after Labor Day

What to Bring: Hydration is required — please bring water.

Important Notes We will be running/walking rain or shine.

Please review trail safety information, including awareness of mountain lions, before attending.

- Wednesday Track with Coach Sommer starts June 17 through September 23

For those who registered:

- Core Class starts, Tuesday May 19, 2026
 - If you want to join and did not register, please bring a cash or check in the amount of \$50.00 made out to San Jose Fit.
- ATP starts, Wednesday May 20, 2026
 - If you want to join and did not register, please bring a cash or check in the amount of \$50.00 made out to San Jose Fit.

NEW THIS SEASON! - available exclusively in the **Members Only** section. Password: sjfit2026

- **MILES OF SMILES** - San Jose Fit is excited to launch our weekly blog authored by Coach Trevor!
 - MILES OF SMILES [BLOG Post 1](#)
- **Races We're Running** - Coach Sunita and Coach Anjuli created a single shared list where fitters running/walking the same race can connect - this makes it easy to see who else is registered for the same race.
- **All program information will be located in "Members Only" including:**
 - Optional Programs - location, time and program details
 - Safety First includes Emergency Contacts - program the numbers into your mobile phone and carry your phone with you on every run or walk.
 - San Jose Fit Target Events
 - Weekday Training Options
 - Save the Date
 - 2026 editions of our "Fit News" for quick access

COMMIT TO YOUR TRAINING

Join San Jose Fit's Target Races! Stay motivated and make the most of your training by setting a goal! Register for one of San Jose Fit's target races and keep your momentum strong.

- Rock n' Roll San - Jose Oct 4, 2026 [Register here](#)
- COASTAL TRAIL RUN Zombie Runner Halloween Run/Walk October 31, 2026 [Register Here](#)

PLEASE MARK YOUR CALENDARS!

The Girls on the Run 5K is happening next Saturday, May 16.

When you arrive on Saturday, May 16 after our seminar, your pace coach will share an alternative route to accommodate the event.

San Jose Fit wishes Girls on the Run an amazing and fun 5K — happy trails and miles of smiles!

San Jose Fit Presents: Coach Dave McGovern, World-Renowned Racewalker! - Please spread the word.

Looking to improve your marathon or half-marathon pace? Or simply want to walk faster with fewer injuries?

You're in luck-Coach Dave McGovern is returning to Los Gatos!

Join us July 11 & 12 for an engaging, informative weekend designed to help you walk better and faster. As the author of *The Complete Guide to Competitive Walking* and *The Complete Guide to Marathon Walking*, Coach Dave has helped thousands improve their technique and performance. With a 3:38 marathon WALKING time, he brings unparalleled expertise to racewalking, power walking, and injury recovery for runners.

Clinic highlights include:

- ✓ Shoe selection & equipment essentials
- ✓ Video-taped technique analysis
- ✓ Nutrition strategies for optimal performance
- ✓ Heart-rate-based training
- ✓ Supplemental & cross-training methods

For more information or to sign up, contact Coach Georgiana at info@sanjosefit.com or visit racewalking.org.

Not Sure What Your Pace Is? We've Got You Covered!

Walkers

- Coach Kriba asks that you simply show up and don't worry about pace—groups will naturally form based on pace.

Runners – New Members

- To get a general idea of your starting pace:
- Run 3 miles at an easy, conversational pace, note your total time, divide by 3, then add 1 minute. This will be your starting pace group.

Runners – Returning Members

- Please run with the group that best matches your current pace.

I Know My Pace... Now Who's My Pace Coach?

- [Meet our incredible 2026 San Jose Fit Coaches!](#)
- Visit sanjosefit.com > [Meet Our Coaches](#) for bios and photos.

Weekly Running and Walking Training Schedule

Full Schedules: <https://usafittraining.com/sanjosefit/training-schedule/> Super secret password: sjfit2026

HALF MARATHON										
Week	Date (Sat)	Color Group	Sat	Sun	Mon	Tue	Wed	Thu	Fri	
2	5/9/2026	HALF RUN/ WALK	4 MILES	OFF	25/hills	OFF	20	20	20	OFF

FULL MARATHON										
Week	Date	Pace Groups	Sat	Sun	Mon	Tue	Wed	Thu	Fri	
2	5/9/2026	7:00 - 9:00	7	OFF	35 min/hills	OFF	40 min	35 min	OFF	
2	5/9/2026	9:00 - 10:00 & 10:00 - 11:00	5	OFF	35 min/hills	OFF	40 min	30 min	OFF	
2	5/9/2026	11:00 - 12:00 & 12:00 - 13:00 & 13:00 - 14:00 & Walkers	3	OFF	35 min/hills	OFF	40 min	30 min	OFF	

What if I start with a pace group and the pace doesn't work for me?

One of the many very cool things about San Jose Fit is that you can change your pace group at any time—we want you to have the best possible experience! If you start with a pace group and it's not quite feeling right, just let your pace coach know. They'll happily introduce you to the pace coach who's the best fit for you.

We are your San Jose Fit family, and we only want what serves you best.

If you're dealing with an injury or simply having an off day, runners are encouraged to join the walking group. All we ask is that you keep showing up for the next 27 weeks—consistency matters!

If you're unable to make it to a Saturday training run/walk, please let your pace coach know and be sure to get your miles in on your own.

San Jose Fit Shirt and Name Tag Distribution - May 9, 2026 | 6:30–7:10 AM

Members registered on or before March 23, 2026

- Your shirt and name tag are ready for pickup.
- Shirts may be picked up by your coach, friend, or family member.
- Not sure when you registered? Check the board for your name—it lists everyone who registered on or before March 23.

All other members

- Coach G has ordered a limited number of extra shirts, available on a first-come, first-served basis.
- Shirts will be ordered after registration closes on May 31, with an expected arrival date of June 20, 2026.
 - Your team shirt will be ordered in the size you selected during registration.

Personalized Name Tags

Our name tags don't magically appear—they take hours and hours of time and a whole lot of care. Please be sure to pick up your personalized name tag if you haven't already.

San Jose Fit name tags help us learn each other's names from day one, creating connection, community, and a welcoming season right from the start.

Handmade with care by Coach Don himself—thank you, Coach Don, for the time, love, and dedication you pour into our San Jose Fit family! ❤️

For those registered on or before May 5, your personalized name tags will be available on Saturday, May 9.

Please be sure to pick up and wear your name tag whenever you participate in all San Jose Fit programs.



Coming soon! Our Members Only section is getting a fresh new look and will debut next week - appreciate your patience.

Looking for insider access? We've got you covered!

Visit: sanjosefit.com Members Only tab Super-secret password: sjfit2026

Inside you'll find program information, video seminars, and so much more—created especially for our precious members.

Be sure to check it out!

Fitter Store Discounts

We're incredibly grateful for these generous discounts available exclusively to registered San Jose Fit members:

Athletic Performance Los Gatos, [<http://55 W Main St, Los Gatos, CA 95030>]

- 20% off the entire store, 365 days a year
- <https://athleticperformancelg.com/>

Running Revolution, [<http://511 E Campbell Ave, Campbell, CA 95008>]

- 20% off the entire store, 365 days a year
- <https://www.runningrevolution.com/>

Feeling so blessed and grateful for our amazing community partners—and for you, our members!

2026 Season Mantra: EVERY STEP BUILDS STRENGTH!

A Journey Toward Our Personal Goals

As a San Jose Fit Family, we embark on this season's journey together—united by encouragement, accountability, and support. While every Fitter brings their own goals, dreams, and aspirations, our greatest progress happens when we move forward as one.

Together, we inspire each other, push beyond boundaries, and celebrate every milestone—big and small—along the way.

EVERY STEP BUILDS STRENGTH!

San Jose Fit registration closes May 31, 2026

Please spread the word to your friends, family, and colleagues—and encourage them to register today. It will change their lives and ours!

San Jose Fit Head Coaches and Organizer Contact Information

Please email us with any questions or comments - we are here for YOU!

Walkers, Half Marathon and Full Marathon:

Coach Kriba email: info@sanjosefit.com Subject: Attention Coach Kriba

Runners Marathon:

Coach Trevor email :info@sanjosefit.com Subject: Attention Coach Trevor

Runners Half Marathon:

Coach Sarah email: info@sanjosefit.com mSubject: Attention Coach Sarah

Webmaster:

Coach Babu email: info@sanjosefit.com Subject: Attention Coach Babu

Organizer, Fit News:

Coach Georgiana email: info@sanjosefit.com Subject: Attention Coach Georgiana

Social Media:

Kaili and Coach Georgiana email: info@sanjosefit.com Subject: Social Media

For program information and full season schedules, visit our website - sanjosefit.com

For registration or program questions, write to your organizer, Coach Georgiana - info@usafitsanjose.com

Join our San Jose Fit Facebook Community—and don't forget to follow us on Instagram for inspiration, updates, and fun moments from our Fit family.

- Request to join Facebook group [San Jose Fit 2026](#)
We had so many requests to join so we have now opened it up to whomever wishes to be inspired by our San Jose Fit family - passwords, meeting times. meeting locations will not be posted for this reason
- Follow San Jose Fit on Instagram [sanjosefitofficial](#)
- Please like San Jose Fit's public [Facebook page](#)

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