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**Welcome to San Jose Fit's 28th Season
Week 3 - May 16, 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 3: Saturday, May 16, 2026 - 25 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! Opens at 6:30 am

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

SEMINAR: Willie Harmatz, Owner of Athletic Performance (Los Gatos)

Join us in welcoming Willie, owner of Athletic Performance, as he shares expert insights on training shoes, apparel, accessories, and more—all thoughtfully selected to support your best performance.

Proudly supporting fitters since 1998!

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

Fit News Information Has a New Home

Fit News Information we once shared in our weekly newsletter is now available in the [Members Only](#) section.

We encourage you to take a look and get familiar with what's inside.

SATURDAY Rancho Trail Runs - Started 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!

The Girls on the Run 5K is happening 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!

Not Receiving Fit News?

If you hear a fellow Fitter mention they aren't receiving Fit News, please ask them to check the following:

- Check junk or spam folders — emails may be filtered there.

- Review your credit card statement to confirm you see a charge. We are aware of occasional glitches with our registration tool.
- Report any issues or concerns by emailing info@sanjosefit.com.
- Visit Members Only — while we work through this issue, Fit News is uploaded weekly in the Members Only section.

Make it a habit to read Fit News weekly, check Members Only, and visit sanjosefit.com for breaking news and important updates.

Fit News is a quick read packed with valuable information just for you!

Monday Rancho Run/Walk - Memorial Day:

No official Monday Rancho Run at 6:30 pm May 25, Memorial Day. If groups are planning a run/walk together in the am on Memorial Day - FANTASTIC!!! please do not wear your San Jose Fit shirt, we do not have a permit for the morning.

Optional Programs have started or will start soon: [Program Details here](#)

All program details are now on sanjosefit.com>MEMBERS ONLY password: sjfit2026

- 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 started May 11, 2026
- 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.

San Jose Fit is Hosting 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 July 11 & 12!
- Where do I register? racewalking.org [Details here!](#)

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
3	5/16/2026	HALF RUN/ WALK	4 MILES	OFF	25/hills	OFF	25	20	OFF

FULL MARATHON									
Week	Date	Pace Groups	Sat	Sun	Mon	Tue	Wed	Thu	Fri
3	5/16/2026	7:00 - 9:00	8	OFF	35 min/hills	OFF	40 min	35 min	OFF
3	5/16/2026	9:00 - 10:00 & 10:00 - 11:00	6	OFF	35 min/hills	OFF	35 min	25 min	OFF
3	5/16/2026	11:00 - 12:00 & 12:00 - 13:00 & 13:00 - 14:00 & Walkers	4	OFF	35 min/hills	OFF	30 min	25 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 16, 2026 | 6:30–7:10 AM

Members registered on or before March 23, 2026 - Please pick up your shirt or have someone pick up for you.

- 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 12, your personalized name tags will be available on Saturday, May 16.

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



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

NEW THIS SEASON - All program information will be available exclusively in the Members Only section. Password: sjfit2026

- **[2026 Weekly BLOG - MILES OF SMILES](#)**
 - We're excited to launch the San Jose Fit weekly blog—your go-to source for seminar recaps and expert training articles for your toolbox, written by Coach Trevor!
- **Races We're Running**
 - Add races you are running this season [here](#)
 - 2026-27 [Race Calendar](#)
 - [SJFit 2026 Target Events](#) - **Commit to your training, register now!**
- **Save The Date**
 - **June 3, 2026 Global Running Day - Details forthcoming**
 - **July 11-12, 2026** San Jose Fit is Hosting: [Coach Dave McGovern, World-Renowned Racewalker!](#)
 - **November 7, 2026** [End of Season Party](#)
 - **October 4, 2026 and October 31, 2026** [SJFit 2026 Target Events](#) - **Commit to your training, register now!**
- **Fit Newsletters** | [2026 Fit News](#) - for easy access to weekly newsletter
- **[Fit News Information](#)**

- [Weekday Run_Walk Training Options](#) - Don't feel like running/walking alone?
- [Trail Etiquette](#) - A must read!
- [Safety Information](#) - A must Read!
- [Emergency Contacts](#) - Program these numbers into your mobile phone and carry your phone with you on every run or walk.
- [2026 Optional Programs](#) - Outlines optional program details - ATP, Core Conditioning, Monday Rancho Run/Walk, Wednesday Track, and Yoga.
- [Fitter Store Discounts](#) - So grateful!
- [AQI Guidelines](#) - Safety #1
- [Fact Sheet: Mountain Lions](#)
- Volunteer Opportunities - Coming Soon!
- Saturday Seminar Speaking List - Coming Soon!
- **Race Day Preparation**
 - [Final Race Preparation Notes](#)
 - [Race do's and don'ts](#)
 - [Race day check list](#)

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](#)

FOLLOW US ON SOCIAL MEDIA

