

# USA FIT

SAN JOSE



**If you are waiting  
for the right time,  
it's now!**

Join us **April 21, 2018** for the opportunity of a lifetime and the chance to change your life. Whether you are a couch potato, walker, jogger, or a marathon veteran, USA Fit San Jose is an enjoyable way to get in shape and **CHANGE YOUR LIFE!**



# 20 YEARS RUNNING

Registration closes  
**May 21, 2018**

[www.sanjosefit.com](http://www.sanjosefit.com)

## Why USA Fit San Jose?

Established in 1998, USA Fit San Jose has been creating athletes and changing lives helping people like YOU cross finish lines.

## USA Fit San Jose marathon and half marathon experience includes:

- A friendly and supportive training environment where the focus is not only on healthy lifestyles, but also lifelong bonds and camaraderie. *Once a "Fitter" ALWAYS a "Fitter".*
- Experienced coaches.
- Pace groups for different fitness levels – there is a group and a training program for EVERYONE.
- Weekly schedules, track workouts, and hill running.
- Informational seminars and weekly newsletters.
- "No Whining" running shirt!
- Store and race discounts, and more!

## Where do we meet?

Join our new and returning "Fitters" on **Saturday mornings 7:30 a.m. beginning April 21, 2018** at Los Gatos High School, TRACK bleachers (73 New York Ave, Los Gatos, CA).

## Ready to take your training up a notch?

For more intense workouts, please check out our Advanced Training Program (ATP) – Lite, which is designed to take your training to the next level. **Experienced marathoners** can challenge themselves with a program created specifically for improving running efficiency, technique and pace!

## How do I sign up?

Register online through May 21, 2018 at [www.SanJoseFit.com](http://www.SanJoseFit.com) or in person on April 21, 2018.

Please bring cash or check only.

**Additionally, no refunds will be offered.**

## What happens on April 21, 2018?

**7:30-9:00** Registration and a 30-40 minute pace placement run/walk for our awesome first-year "Fitters". *Please come dressed to walk or run one to three miles and bring some warm clothes for the seminar.*

**9:00-10:00** Orientation seminar, coach meet and greet.

# Commit, train, succeed, and change your life!



Want to know more?

# [www.sanjosefit.com](http://www.sanjosefit.com)