

Date: December 10, 2020

Important Update: InTraining Program start date postponed to February 27th, 2021

In light of the PHO's announcement on Monday December 7th to extend province wide restrictions on all events and social gathering, SportMedBC has decided to postpone the start date of the 2021 InTraining Program. SportMedBC is committed to delivering the program in the best and safest way, with as little risk for cancellation or postponement due to COVID-19 as possible. **As such, the new program dates will be from February 27 to May 27, 2021.**

Registration is still open on the SportMedBC website and the time, location, programs offered and spots available in each clinic will remain the same.

If you have already registered for a clinic you may defer your registration, and there is no need to re-register. However, if the new program dates no longer work for you please email runwalk.manager@sportmedbc.com to request a full refund.

We are also looking to offer a FREE six-week online training program option to "jump start" your run/walk training in the New Year, and prepare you for the 13-weeks of InTraining clinics. The 6-week program will start on January 16, 2021. More details will be announced on our website in the coming days.

We appreciate your understanding as we work through these changes and hope you can still join us for the start of InTraining at the end of February!

Kindly,
SportMedBC Team

Jenny Soderman

Manager, SportMedBC 10K InTraining Program

SportMedBC

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