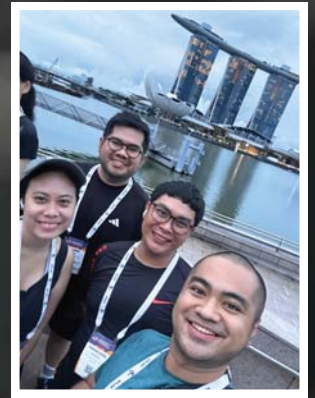


➤➤➤ APLAR 2024 - AYR HEALTH RUN

BREATH OF FRESH AIR

JAN MARK T. ANTENOR, MD



AYR - Philippine representatives. L to R: Yna, JM, Ram, and Anzo.



➤➤➤ Singapore – On August 24th, young rheumatologists from across Asia took part in a refreshing and unique event—the APLAR Young Rheumatologist Health Run. This 3-kilometer run, set against the picturesque Marina Bay backdrop, marked a departure from traditional conference formats, blending fitness with professional networking.

Embracing the Elements

The run, which began at 6:45 AM at the DBS Foundation Esplanade Outdoor Theatre, kicked off under a cloudy sky with intermittent rain showers. While the weather added an unpredictable twist, it ultimately enhanced the experience. The rain, rather than being a deterrent, brought a unique charm to the event. "It was the rain that made it memorable," noted one participant. "It added a special touch to the run and made the scenery even more beautiful."

A Scenic Journey

Despite the weather, the route provided breathtaking views of Marina Bay's landmarks. Runners made their way from the Esplanade to the ArtScience Museum. The run revealed Singapore's beauty from a unique perspective, with the rain enhancing the scene and creating a refreshing and invigorating atmosphere.

Fostering Connections

Beyond the physical challenge, the Health Run served as a platform for building connections among young professionals. The shared experience of running in the rain fostered a sense of camaraderie and provided a welcome break from the typical conference setting. Conversations flowed easily, and the informal setting allowed participants to bond over their shared experiences.



A New Tradition

The success of the APLAR Young Rheumatologist Health Run highlights a growing trend in professional events: integrating wellness activities to enhance networking and personal well-being. Despite the rain, or perhaps because of it, the event was a hit, demonstrating that memorable experiences can arise from unexpected conditions.

Indeed, the AYR Health Run was more than just a race—it was a celebration of health, community, and the unexpected joys of the day. As the young rheumatologists crossed the finish line at the ArtScience Museum, they left with not only a sense of achievement but also a renewed appreciation for the blend of professional growth and personal well-being.