



INSTITUT JANTUNG NEGARA
National Heart Institute

MEDIA RELEASE

FOR IMMEDIATE RELEASE

IJN RACES TOWARDS HEART HEALTH WITH BIENNIAL RUNNING EVENT

KUALA LUMPUR, 10 July 2024 - Institut Jantung Negara (IJN) is thrilled to announce its upcoming IJN Run For Your Heart 2024, the hospital's much-anticipated biennial run. In its fifth edition, the event is set to take place on July 13 at Anjung Floria, Putrajaya and promises to be a celebration of heart health, fitness, and community spirit.

This year's run aims to raise awareness about cardiovascular health while encouraging people of all ages and fitness levels to participate. With the theme of "Heartful Strides, Colourful Vibes", IJN Run for Your Heart 2024 also seeks to inspire participants to take a step towards good health in a fun and creative way. A total of 1500 runners are set to take part this year.

A special highlight of the event is a dedicated category exclusively for heart patients. This category is designed to celebrate patients who have undergone successful operations and continue to lead normal lives post-surgery. In addition to commemorating congenital heart patients' journeys by highlighting their strength and resilience, the category also raises awareness about the importance of continued support and advocacy in the healthcare community. Other categories for the run include: 5km for children, 5km for adults, and 7km for adults.

"We are delighted to bring back this exciting event that not only promotes physical activity but also underscores the importance of heart health in our community," said Chief Executive Officer, Datuk Dr Aizai Azan Abdul Rahim. "Through this run, we hope to inspire individuals to get moving, take charge of their heart health, and show that heart disease need not be a barrier to a good life."

To add to the festivities, the event will feature a creative tee competition where participants stand the chance to win prizes worth RM1,000 for their artistic expression. Using provided fabric markers, participants will be encouraged to personalise their event tees with their own creative touches. The competition also features a childrens' category, inviting young participants to join in the fun and showcase their imaginative designs.

Participants can look forward to a morning filled with camaraderie and excitement, starting with a scenic route that winds through the verdant pathways of Anjung Floria, one of Putrajaya's most vibrant parks. After crossing the finish line, participants will be treated to a festive atmosphere with music, entertainment, and activities for all ages. Additionally, runners will be handed a vibrant "heart balloon" to carry along the route, adding a splash of colour and joy to the run.

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In addition to the main run, the event will include interactive health booths where attendees can engage with healthcare professionals, learn about heart-healthy lifestyles, and receive free health screenings. Sponsors will also host booths showcasing their products and services, adding to the vibrant atmosphere of the day.

"This event is a testament to our dedication to the heart health of our community," added Datuk Dr Aizai "We are excited to see everyone lace up their running shoes and make a difference in the fight against heart disease."

IJN also extends its heartfelt gratitude to the generous sponsors of IJN Run for Your Heart 2024, including venue sponsor Perbadanan Putrajaya; transportation sponsor LT Travel & Tours; official hydration partner Pocari Sweat; and outdoor media sponsor Libroff. Gold sponsors for the event are Berjaya Corporation Berhad; Gardenia; Dadi Cinema; St. Ives; Viatris; XOX Mobile; Kiddocare Sdn Bhd; Joielle; Argania and BiO-LiFE. Silver sponsors include Amazin' Graze, Mamee, BZU BZU, ecoBrown's, and TribeAds; while bronze sponsors are KARTA Coconut Water, Farm Fresh and Pharma Nord. IJN also appreciates additional support from the following sponsors: Adabi; Infinity Creative Sdn Bhd; Kayman Beauty; MBG Fruit Shop; Peacock Malaysia Sweetlab and Kopetro Travel & Tours Sdn Bhd.

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