

NeuroRun

Do you want to boost your brain health and have fun at the same time? Join us for the NeuroRun, a social activity that will take place during the **INS 2024 Congress**. NeuroRun is a 3K & 5K run that will start at **06:30 on May 14, 2024**, and end at 07:30. You will have the opportunity to meet other neuromodulation peers, enjoy the beautiful scenery of Vancouver, and get some exercise for your body and mind before the start of the congress day.

NeuroRun is not a competitive race, but a friendly and casual event. You can run at your own pace, and even walk, jog or skip, as long as you have fun and respect the other participants.

NeuroRun is open to all registered attendees of the INS 2024 congress. The registration fee is 25 USD, which includes a NeuroRun T-shirt. You can register from the main registration form [here](#).

NeuroRun is a great way to kickstart your day at the INS 2024 Congress. Studies affirm that running yields positive impacts on brain function, mood, memory, and cognition.

Don't miss this chance to run for your brain and have fun with your fellow neuromodulators. Register for NeuroRun today and get ready to hit the road!

