

# e-INS 2025 NeuroRun

## Run Together: Join the NeuroRun at e-INS 2025!

Get ready to join your colleagues from all around the world by taking part in an exhilarating NeuroRun in Istanbul. Whether you're a seasoned runner or just starting out, everyone is invited to join the fun!

*Note: The event will also be added on the Strava mobile application.*

### When & Where?

- **Date:** 24th May 2025
  - **Time:** 06:30 AM
  - **Location:** Join us for a refreshing 4 km early morning run through the scenic İBB Maçka Democracy Park. **Prefer a gentler pace?** A shorter 2 km walking loop will also be available.
- Meeting starting & finishing point** – Congress Venue Entrance of the ICC.

### How to Register?

You can register via [the registration page](#) when you register for e-INS 2025 Congress or approach the registration desk.

### Why Participate?

- Connect with global colleagues in a fun and casual way.
- Kickstart your day with an invigorating experience.
- Enjoy a memorable run or walk in stunning Istanbul.

## **IMPORTANT:**

There are no showers available at the end of the run, so you will need to return to your accommodation before attending the morning sessions.