

# IRONMAN<sup>®</sup>

## WORLD CHAMPIONSHIP

### MEDICAL SYMPOSIUM

# AGENDA

Outrigger Kona Resort, Keauhou Ballroom  
Continental breakfast: Sun-Tues, 6:30 – 7:30 am  
Exhibit Hall open: Sun-Tues, 6:30 am – 12 noon | Wed-Thurs, 12:30 – 5:30 pm

## Sunday, October 5

## Hot Topics in Sports Medicine

<b>6:30 am</b>	<b>Continental Breakfast / Exhibit Hall</b>	
7:30 am	PPE for the Pros – Evaluating the Elite Athlete for Sports	Carrie Jaworski, MD
8:10 am	Can Too Much Exercise Be Harmful? What is the Optimal Amount?	Carl Lavie, MD
8:50 am	Heart of an Ironman: Cardiac Issues in Aging Endurance Athletes	Chad Asplund, JD
<b>9:30 am</b>	<b>Break / Exhibit Hall</b>	
10:00 am	Circadian Biology: A Time to Eat and a Time to Train	John Hawley, PhD
10:40 am	Caffeine and Sports Performance	Louise Burke, PhD
11:20 am	Ironman Legends Speaker	TBD
12:00 noon	Adjourn	

## Monday, October 6

## Update on Nutrition

<b>6:30 am</b>	<b>Continental Breakfast / Exhibit Hall</b>	
7:30 am	Nutritional Issues in Ironman Athletes	Chad Asplund, JD
8:10 am	The Role of Supplements in the Endurance Athlete	Louise Burke, MD
8:50 am	Supplements and Drug Testing	Mark Stovak, MD
<b>9:30 am</b>	<b>Break / Exhibit Hall</b>	
10:00 am	Ketogenic Diets for Endurance Performance	Louise Burke, PhD
10:40 am	Carbohydrate Dependence During Prolonged Endurance Exercise	John Hawley, PhD
11:20 am	The Obesity Paradox in Health and Longevity	Carl Lavie, MD
12:00 noon	My Road to Kona: 2024 Ironman Race Slot Winner's Journey	Liz Bondi, DPM
12:15 pm	Adjourn	
<b>2–3:30 pm</b>	<b>Swim Clinic #1</b>	Outrigger Pool
<b>3:30–5 pm</b>	<b>Swim Clinic #2</b>	Outrigger Pool
<b>5:30 pm</b>	<b>Welcome Reception</b>	Bayview Grounds



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## Tuesday, October 7

## Current Issues in Sports Medicine

<b>6:30 am</b>	<b>Continental Breakfast / Exhibit Hall</b>	
7:30 am	Training Load and Injury in Runners	Brent Toresdahl, MD
8:10 am	Overuse Injuries in Young Athletes	Andrew Gregory, MD
8:50 am	Concurrent Training: Do Opposites Detract?	John Hawley, PhD
<b>9:30 am</b>	<b>Break / Exhibit Hall</b>	
10:00 am	Visual Diagnosis of Foot Problems	Carl Fields, MD
10:40 am	Running Shoes: Latest Trends and Recommendations	Brent Toresdahl, MD
11:20 am	Emergency Preparedness in Sports Medicine	Carrie Jaworski, MD
12:00 noon	Adjourn	

## Wednesday, October 8

## Musculoskeletal Issues

<b>11:45 am</b>	<b>Special Presentation by Precision Fuel &amp; Hydration</b> (sign-up at registration desk)	Hunter Huston, MD, FASN
<b>12:30 pm</b>	<b>Exhibit Hall Open</b>	
1:00 pm	Managing Stress Fractures in the Endurance Athlete	Andrew Gregory, MD
1:40 pm	Patellar Tendinopathy: Cycling Through Nonsurgical and Surgical Treatment Options	Holly Benjamin, MD
2:20 pm	Muscular Injuries to the Calf	Carl Fields, MD
<b>3:00 pm</b>	<b>Break / Exhibit Hall</b>	
3:30 pm	Managing Thoracic Outlet Syndrome	Mark Stovak, MD
4:10 pm	Swimmer's Shoulder: Update on Biomechanics, Instability and Indications for Surgery	Holly Benjamin, MD Andrew Gregory, MD
4:50 pm	Pediatric Fracture Care	
5:30 pm	Adjourn	

## Thursday, October 9

## Ironman Medicine

<b>12:30 pm</b>	<b>Exhibit Hall Open</b>	
1:00 pm	Exercise Collapse Associated with Sick Cell Trait	Carl Fields, MD
1:40 pm	Hazards Related to Open Water Swimming	Chad Asplund, MD
2:20 pm	Issues in the Paralympic Athlete	Carrie Jaworski, MD
<b>3:00 pm</b>	<b>Break / Exhibit Hall</b>	TBD
3:30 pm	Update on Biologics in Sports Medicine	John Martinez, MD
4:10 pm	Ironman Medical Tent 2024 in Review	Robert Sallis, MD
4:50 pm	What You Need to Know to Work in the Ironman Medical Tent	
5:30 pm	Adjourn	

**Friday, October 10: No lectures scheduled. FREE day to explore the island!**

**Saturday, October 11, 6:30 am – Midnight: Ironman World Championship and Medical Tent**