



IRONMAN[®]

WORLD CHAMPIONSHIP

MEDICAL SYMPOSIUM

AGENDA

October 4–8, 2026
Outrigger Kona Resort & Spa, Keauhou Ballroom

Sunday, October 4

The Athlete's Heart

6:30 am	Continental Breakfast / Exhibit Hall	
7:30 am	<u>Limits of Human Physiology</u>	Andre La Gerche, MBBS
8:10 am	<u>Venous Thromboembolism in Athletes: Management and Return to Play Decisions</u>	Fred Brennan, Jr., DO
8:50 am	<u>Cardiovascular Screening with ECG: Pros and Cons</u>	Kim Harmon, MD
9:30 am	Break / Exhibit Hall	
10:00 am	<u>Atrial Fibrillation in the Endurance Athlete</u>	Andre La Gerche, PhD
10:40 am	<u>The ORCCA Study: Cardiac Outcomes in Athletes</u>	Kim Harmon, MD
11:20 am	<u>Ironman Medical Symposium Legend Speakers</u>	Heather Fuhr
12:00 noon	Adjourn	Roch Frey

Monday, October 5

Tendon Health, Injury Risk & Management

6:30 am	Continental Breakfast / Exhibit Hall	
7:30 am	<u>Load and Nutrition to Optimize Tendon Health</u>	Keith Baar, PhD
8:10 am	<u>Use of PRP in Chronic Tendinopathy</u>	Kim Harmon, MD
8:50 am	<u>How Sex Hormones Modify Tendons and Injury Profiles</u>	Keith Baar, PhD
9:30 am	Break / Exhibit Hall	
10:00 am	<u>Thermal Therapies in Sports Performance & Recovery</u>	Joshua Goldman, MD
10:40 am	<u>How Common Drugs Predispose to Tendon Injury</u>	Keith Baar, PhD
11:20 am	<u>Elbow Tendinopathy: Are We Being Too Aggressive in 2026?</u>	Neeru Jayanthi, MD
12:00 noon	My Road to Kona: 2025 Ironman Race Slot Winner's Journey	Jesus Rodriguez, MD
12:15 pm	Adjourn	
2–3:15 pm	<u>Swim Clinic #1</u>	Outrigger Adult Pool
3:30–5 pm	<u>Swim Clinic #2</u>	Outrigger Adult Pool
(Register for swim clinic during online registration or email hcs@healthconsolutions.com)		

Tuesday, October 6

Building the Complete Athlete

6:30 am	Continental Breakfast / Exhibit Hall	
7:30 am	<u>Cardiac Assessment of the Athlete: A Primer</u>	Francis O'Connor, MD
8:10 am	All About Heart Rate	Andre La Gerche, MBBS
8:50 am	<u>Early Sport Specialization</u>	Joshua Scott, MD
9:30 am	Break / Exhibit Hall	
10:00 am	<u>Improving the Lifespan of the Youth Athlete in Sport</u>	Neeru Jayanthi, MD
10:40 am	<u>Mentally Fit: Improving Athlete Mental Health and Performance</u>	Margo Mountjoy, MD
11:20 am	<u>Leadership in Sports Medicine: Creating Effective Small Group Teams</u>	Francis O'Connor, MD
12:00 noon	Adjourn	
12:30–1:15 pm	Why Use OA Knee and Hip Bracing for Your OA Patients? Lunch & Learn Presentation by Enovis (sign-up at exhibit table)	Nick Gomez, ATC

Wednesday, October 7

Performance, Health & Longevity

11:30am–12:15pm	Muscle Tendon Health – Injury Risk Management Pre/Post Race Care – Lunch & Learn Presentation by Storz Medical (sign-up at exhibit table)	Prof. Dr. Ludger Gerdesmeyer
12:30 pm	Exhibit Hall Open	
1:00 pm	<u>Relative Energy Deficiency in Sport (REDs)</u>	Margo Mountjoy, MD
1:40 pm	<u>Sleep for Performance: How Sleep Affects Performance, Injury & Illness</u>	Joshua Goldman, MD
2:20 pm	<u>Fitness vs. Fatness; What's More Important for Health?</u>	Robert Sallis, MD
3:00 pm	Break / Exhibit Hall	
3:30 pm	<u>Infectious Disease in Sport</u>	Joshua Scott, MD
4:10 pm	Is Tennis Really the World's Healthiest Sport?	Neeru Jayanthi, MD
4:50 pm	<u>Altitude Training to Improve Performance</u>	Joshua Goldman, MD
5:30 pm	Adjourn	

Thursday, October 8

Race-Day Medicine

12:30 pm	Exhibit Hall Open	
1:00 pm	<u>When the Ironman Athlete with Exertional Illness Comes Home: Providing Guidance for Further Evaluation and Return to Training</u>	Francis O'Connor, MD
1:40 pm	Emergency Extrication from Water and Land	Margo Mountjoy, MD
2:20 pm	<u>Evaluation and Management of the Collapsed Athlete</u>	Fred Brennan, Jr., DO
3:00 pm	Break / Exhibit Hall	
3:30 pm	<u>Sports Related Facial Trauma</u>	Joshua Scott, MD
4:10 pm	<u>IV vs Oral Rehydration: Which is Better?</u>	Fred Brennan, Jr., DO
4:50 pm	<u>What You Need to Know to Work in the Ironman Medical Tent</u>	Robert Sallis, MD
5:30 pm	Adjourn & Race Slot Drawing	

Friday, October 9: No lectures scheduled. FREE day to explore the island!

Saturday, October 10, 6:30 am – Midnight: Ironman World Championship and Medical Tent