



# IRONMAN<sup>®</sup>

## WORLD CHAMPIONSHIP

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### MEDICAL SYMPOSIUM

# AGENDA

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

## Sunday, October 4

## *The Athlete's Heart*

<b>6:30 am</b>	<b>Continental Breakfast / Exhibit Hall</b>	
7:30 am	Limits of Human Physiology	Andre La Gerche, MBBS
8:10 am	Cardiac Assessment of the Athlete: A Primer	Francis O'Connor, MD
8:50 am	Cardiovascular Screening with ECG: Pros and Cons	Kim Harmon, MD
<b>9:30 am</b>	<b>Break / Exhibit Hall</b>	
10:00 am	Atrial Fibrillation in the Endurance Athlete	Andre La Gerche, PhD
10:40 am	The ORCCA Study: Cardiac Outcomes in Athletes	Kim Harmon, MD
11:20 am	Ironman Medical Symposium Legend Speakers	Heather Fuhr Roch Frey
12:00 noon	Adjourn	

## Monday, October 5

## *Tendon Health, Injury Risk & Management*

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

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## Tuesday, October 6

## *Building the Complete Athlete*

<b>6:30 am</b>	<b>Continental Breakfast / Exhibit Hall</b>	
7:30 am	Early Sport Specialization	Joshua Scott, MD
8:10 am	Athlete-Centered Medicine in Performance Sport	Jane Thornton, MD
8:50 am	Improving the Lifespan of the Youth Athlete in Sport	Neeru Jayanthi, MD
<b>9:30 am</b>	<b>Break / Exhibit Hall</b>	
10:00 am	Mentally Fit: Improving Athlete Mental Health and Performance	Margo Mountjoy, MD
10:40 am	Leadership in Sports Medicine: Creating Effective Small Group Teams	Francis O'Connor, MD
11:20 am	All About Heart Rate	Andre La Gerche, MBBS
12:00 noon	Adjourn	

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## Wednesday, October 7

## *Performance, Health & Longevity*

<b>12:30 pm</b>	<b>Exhibit Hall Open</b>	
1:00 pm	Relative Energy Deficiency in Sport (REDs)	Margo Mountjoy, MD
1:40 pm	Sleep for Performance: How Sleep Affects Performance, Injury & Illness	Joshua Goldman, MD
2:20 pm	Female Athlete Health Across the Lifespan	Jane Thornton, MD
<b>3:00 pm</b>	<b>Break / Exhibit Hall</b>	
3:30 pm	Venous Thromboembolism in Athletes: Management and Return to Play Decisions	Fred Brennan, Jr., DO
4:10 pm	Slower, Calmer, Wiser: Achieving Excellence as a Team Physician	Jane Thornton, MD
4:50 pm	Altitude Training to Improve Performance	Joshua Goldman, MD
5:30 pm	Adjourn	

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## Thursday, October 8

## *Race-Day Medicine*

<b>12:30 pm</b>	<b>Exhibit Hall Open</b>	
1:00 pm	Exertional Illness in the Endurance Athlete	Francis O'Connor, MD
1:40 pm	Emergency Extrication from Water and Land	Margo Mountjoy, MD
2:20 pm	Evaluation and Management of the Collapsed Athlete	Fred Brennan, Jr., DO
<b>3:00 pm</b>	<b>Break / Exhibit Hall</b>	
3:30 pm	Head and Neck Injuries in Sport	Joshua Scott, MD
4:10 pm	IV vs Oral Rehydration: Which is Better?	Fred Brennan, Jr., DO
4:50 pm	What You Need to Know to Work in the Ironman Medical Tent	Robert Sallis, MD
5:30 pm	Adjourn & Race Slot Drawing	

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**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**