



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	Limits of Human Physiology	Andre La Gerche, MBBS
8:10 am	Venous Thromboembolism in Athletes: Management and Return to Play Decisions	Fred Brennan, Jr., DO
8:50 am	Cardiovascular Screening with ECG: Pros and Cons	Kim Harmon, MD
9:30 am	Break / Exhibit Hall	
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
12:00 noon	Adjourn	Roch Frey

Monday, October 5

Tendon Health, Injury Risk & Management

6:30 am	Continental Breakfast / Exhibit Hall	
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
9:30 am	Break / Exhibit Hall	
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	
2–3:15 pm	<u>Swim Clinic #1</u>	Outrigger Pool
3:30–5 pm	<u>Swim Clinic #2</u>	Outrigger 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	Cardiac Assessment of the Athlete: A Primer	Francis O'Connor, MD
8:10 am	All About Heart Rate	Andre La Gerche, MBBS
8:50 am	Early Sport Specialization	Joshua Scott, MD
9:30 am	Break / Exhibit Hall	
10:00 am	Improving the Lifespan of the Youth Athlete in Sport	Neeru Jayanthi, MD
10:40 am	Mentally Fit: Improving Athlete Mental Health and Performance	Margo Mountjoy, MD
11:20 am	Leadership in Sports Medicine: Creating Effective Small Group Teams	Francis O'Connor, MD
12:00 noon	Adjourn	
12:30–1:15 pm	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	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	Fitness vs. Fatness; What's More Important for Health?	Robert Sallis, MD
3:00 pm	Break / Exhibit Hall	
3:30 pm	Infectious Disease in Sport	Joshua Scott, MD
4:10 pm	Is Tennis Really the World's Healthiest Sport?	Neeru Jayanthi, MD
4:50 pm	Altitude Training to Improve Performance	Joshua Goldman, MD
5:30 pm	Adjourn	

Thursday, October 8

Race-Day Medicine

12:30 pm	Exhibit Hall Open	
1:00 pm	When the Ironman Athlete with Exertional Illness Comes Home: Providing Guidance for Further Evaluation and Return to Training	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
3:00 pm	Break / Exhibit Hall	
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	

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