



October 7 – 11, 2018 ♦ Alii Surf
Kona Resort ♦ Kailua-Kona, Hawaii

Ballroom ♦ The Royal

Sunday, October 7, 2018		Issues in the Endurance Athlete
Time	Topic	Speaker
6:30	Conference Registration and name badge pick-up	Alii Surf Ballroom Foyer
6:30 am – 12:30 pm	Exhibit Hall Open	Alii Surf Ballroom Foyer
7:30 am	Biomechanics of Running With and Without Shoes	Daniel E. Lieberman, PhD
8:10 am	Overuse Injuries in Runners	John P. DiFiori, MD
8:50 am	Running Medicine: The Science and Art of Staying on the Road	Jordan D. Metz, MD
9:30 am	Break	
10:00 am	Managing Iron Deficiency in Endurance Athletes	Holly J. Benjamin, MD
10:40 am	Injuries in the Elite Para Athlete	Cheri Blauwet, MD
11:20 am	Bone Health in the Endurance Athlete	Kathryn E. Ackerman, MD
12:00 pm	My Road to Kona: The 2018 Ironman® Race Slot Winner's Journey	Laura Frye, MD
12:15 pm	Session Adjourns	
1:45 pm	Swim Clinic Orientation All Swim Clinic participants should attend	Sherry Colgin, MD and Sophia Lal, DO
2:00 pm	Swim Clinic I- Pre-registration required Meet at Royal Kona Lagoon	Sherry Colgin, MD and Sophia Lal, DO
3:00 pm	Swim Clinic II Pre-registration required Meet at Royal Kona Lagoon	Sherry Colgin, MD and Sophia Lal, DO

Monday, October 8, 2018		Training and the Heart
Time	Topic	Speaker
6:30 am – 12:30 pm	Exhibit Hall Open	Alii Surf Ballroom Foyer
7:30 am	Science Behind Exercise and Cardioprotection	Scott K. Powers, PhD
8:10 am	Can Too Much Exercise Damage the Heart?	Paul D. Thompson, MD
8:50 am	Exercise Physiology and the Triathlete	John P. DiFiori, MD
9:30 am	Break	
10:00 am	Upper Limits of Fitness in Heart Transplant Patients	Mark J. Haykowsky, PhD
10:40 am	When it Isn't the Heart: Expanding Your Differential Diagnosis	Paul D. Thompson, MD
11:20 am	Overtraining or Under-Recovering? A Mind-body Approach	Holly J. Benjamin, MD
12:00 pm	Session Adjourns	
1:00 pm	Swim Clinic III Pre-registration required Meet at the Royal Kona Lagoon	Sherry Colgin, MD and Sophia Lal, DO
6:30 pm	Welcome Dinner Reception All attendees plus one guest are invited to attend	Alii Surf Ballroom Foyer

Tuesday, October 9, 2018		Exercise Medicine
Time	Topic	Speaker
6:30 am – 12:30 pm	Exhibit Hall Open	
7:30 am	Is Exercise Medicine? An Evolutionary Perspective	Daniel E. Lieberman, PhD
8:10 am	The Exercise Prescription: A Step Beyond Talking the Talk	Jordan D. Metz, MD

8:50 am	Connecting Fitness with Healthcare to Treat Patients	Bob Sallis, MD
Tuesday, October 9, 2018 - continued		Exercise Medicine
Time	Topic	Speaker
9:30 am	Break	
10:00 am	Issues in the Mature Athlete	Rob Johnson, MD
10:40 am	Caring for the Athlete with Diabetes	Kathryn E. Ackerman, MD
11:20 am	Managing the Adult Athlete with Heart Disease	Paul D. Thompson, MD
12:00 pm	Session Adjourns	

Wednesday, October 10, 2018		Musculoskeletal Issues
Time	Topic	Speaker
7:30 – 8:30 am	Boot Camp with the Athlete's Dr. Jordan Metz! Details are in development. Pre-registration is required.	Jordan D. Metz, MD
12:30 – 5:30 pm	Exhibit Hall Open	
1:00 pm	Pathophysiology of Tendon Injury: Implications for Treatment	Tracy R. Ray, MD
1:40 pm	The PRP/Stem Cell Controversy: What's New?	Rob Johnson, MD
2:20 pm	Overuse Injuries in the Young Athlete: A "Growing" Problem	John P. DiFiori, MD
3:00 pm	Break	
3:00 – 6:00 pm	Medical Tent Credentials and Shirt Pick-up For conference attendees who have pre-registered to volunteer in the Ironman Medical Tent	Paul Berlin, Ironman Medical Tent Director
3:30 pm	Lateral Hip Pain: A Clinical Conundrum	Cheri Blauwet, MD
4:10 pm	Non-Operative Treatment of Achilles Tendon and ACL Rupture; A Voice in the Wilderness	Rob Johnson, MD
4:50 pm	Evaluation and Management of Common Shoulder Problems	Tracy R. Ray, MD
5:30 pm	Session Adjourns	

Thursday, October 11, 2018		Triathlon Medicine
Time	Topic	Speaker
12:30 – 5:30 pm	Exhibit Hall Open	
1:00 pm	Ironman Legends Series: "Ironman Training Then and Now: A Forty Year Perspective". Interview with the First Ironman Champion	1978 Ironman Champion Gordon Haller with Bob Babbitt
1:40 pm	The Evolution of Human Endurance	Daniel E. Lieberman, PhD
2:20 pm	Resistance and Endurance Exercise: Are They Compatible?	Scott K. Powers, PhD
3:00 pm	Break Pick up entry card for 2019 Ironman World Championship Race Slot drawing. Enter no later than 3:30 pm	Alii Surf Ballroom Foyer
3:30 pm	Hyponatremia in Endurance Sports	Kathryn E. Ackerman, MD
4:10 pm	History of Medical Care at the Ironman in Kona	Robert Laird, MD
4:50 pm	What You Need to Know to Work in the Ironman Medical Tent	Bob Sallis, MD
5:30 pm	Drawing for the 2019 Ironman Race Slot	
5:40 pm	Conference Concludes Return Evaluation form and pick up CME certificate	

Friday, October 12, 2018
Free Day to explore the island or workout! No events scheduled.

Saturday, October 13, 2018
Ironman Medical Tent "Mini-Internship" and the 40th Ironman World Championship.
Conference participants are invited to volunteer for a 5-hour session working as part of the Ironman Medical team caring for race participants, under the direct supervision of conference faculty.

- **Separate registration is required** for volunteering in the Ironman Medical Tent

CONFERENCE FACULTY

Bob Sallis, MD, FAAFP, FACSM

Conference Chairman
Co-Director, Sports Medicine Fellowship
Kaiser Permanente Medical Center, Fontana, CA
Clinical Professor of Family Medicine
UC Riverside School of Medicine
Team Physician, Pomona College
Past-President; American College of Sports Medicine

Robert Laird, MD, FAAP

Conference Co-Chairman
Medical Director Emeritus; Ironman Triathlon World Championships
Finisher, 1988 and 2003 Ironman Triathlon
Ironman Hall of Fame Member

Gordon Haller

Ironman Legends Speaker

Winner of the first Hawaii Ironman in 1978
Ironman Hall of Fame Member

Kathryn E. Ackerman, MD, MPH, FACSM

Medical Director- Female Athlete Program, Division of Sports Medicine
Boston Children's Hospital
Associate Director- Sports Endocrine Research Lab, Neuroendocrine Unit
Massachusetts General Hospital
Assistant Professor; Harvard Medical School
Team Physician; USA Rowing

Holly J. Benjamin, MD, FAAP, FACSM

Director of Primary Care Sports Medicine
Professor of Orthopaedic Surgery, Rehabilitation Medicine & Pediatrics
University of Chicago
Associate Editor; Clinical Journal of Sports Medicine
Vice-President, American College of Sports Medicine

Cheri Blauwet, MD

Assistant Professor of Physical Medicine and Rehabilitation, Harvard Medical School
Brigham and Women's Hospital Sports Medicine Service
Chairperson, International Paralympic Committee Medical Committee
Director, Kelley Adaptive Sports Research Institute

John P. DiFiori, MD

Chief, Primary Care Sports Medicine
Hospital for Special Surgery, New York, NY
NBA Director of Sports Medicine
Past President; American Medical Society for Sports Medicine

Mark J. Haykowsky, Ph.D.

Moritz Chair in Geriatric Research
Director, integrated Cardiovascular exercise physiology and REhabilitation (iCARE) Laboratory
Director, FitSTEPS for Life Cancer Rehabilitation Program (UTA Site)
College of Nursing and Health Innovation
The University of Texas Arlington

Rob Johnson, MD, FACSM

Professor; Department of Family Medicine and Community Health
Team Physician; University of Minnesota
Minneapolis, Minnesota
Past President; American Medical Society for Sports Medicine

Daniel E. Lieberman, PhD

Edwin M Lerner II Professor of Biological Sciences
Chair, Department of Human Evolutionary Biology
Harvard University, Cambridge, MA

Jordan D. Metz, MD

Sports Medicine Physician
Hospital for Special Surgery
New York, NY
Medical columnist for Triathlete Magazine

Scott K. Powers, PhD, FACSM

UAA Endowed Professor and Distinguished Professor
University of Florida Distinguished Teaching Scholar
Department of Applied Physiology and Kinesiology
University of Florida, Gainesville, FL

Tracy R. Ray, MD

Director of Primary Care Sports Medicine
Associate Professor; Departments of Family Medicine and Orthopaedic Surgery
Duke University, Durham, NC.

Paul D. Thompson, MD

Chief of Cardiology and Physician Co-Director
Hartford Healthcare Cardiovascular Institute
Professor of Medicine
University of Connecticut, Storrs, CT
Past-President; American College of Sports Medicine