



Final Information for Conference Attendees

Aloha!

On behalf of the Planning Committee, thank you for attending the 30th Annual Ironman® Sports Medicine Conference, October 7-11, 2018 at the Royal Kona Resort in Kailua-Kona, HI.

It's going to be a *great week*. World-renowned speakers...special lectures with industry experts...hands-on swim clinics...relaxing social events...and best of all: an interesting group of people dedicated to sports medicine.

There's a lot of information below. Please read thoroughly so as to ensure your week goes smoothly - and to ensure you take advantage of everything the conference has to offer. So, read on...

[Get the Conference App!](#)

We strongly recommend that you download the free conference app to save you from having to print multiple pieces of information. You can access all schedules, speakers, attendees, special lectures and other helpful information right from your mobile device. [Click here](#) for information about how to download the app and use its features.

With the App, you'll be able to:

- View the conference agenda and plan your schedule
- Get the on-line syllabus materials
- View Special Events and Luncheons, Medical Tent and info on the 2019 Ironman Race Slot Drawing
- Plan ahead who you wish to meet by browsing the attendees' profiles
- Send in-app messages and exchange contact information with attendees
- Find attendees with common affiliations, education, shared networks and social profiles
- Receive update notifications from the conference managers: CMX Travel & Meetings
- Access agenda, GPS guidance, maps, parking directions, and more!

Exhibitor Information

- For shipping information, exhibit times and details, please [download the details from the web site](#)

Important Information for Attendees

- A conference program will be provided on-site, featuring the complete conference agenda
- All conference lectures will be held in the Alii Surf Ballroom at The Royal Kona Resort

Prepare for the Conference and Your Travel

- Register for ISMC Special Events (see below)
- Prepare your travel documents, (e tickets, rental car confirmations, etc.)
- Double check your flight times as airlines make changes constantly

Packing Tips

The Alii Surf Ballroom and other common areas in the Royal Kona Resort are not air conditioned. The temperature in October averages above 80⁰ (F). Casual dress is recommended for your comfort.

- Lectures: Shorts, t-shirts/short-sleeved shirts, sandals/sneakers
- Welcome Reception: Monday, October 7, 6:30 – dressy casual
- Clinics: Appropriate to the activity (see “And More!” below)
- About Town: The heart of Kona, the Ironman Village, race start and finish, and the Medical Tent are within walking distance of the Royal Kona Resort – dress is casual, comfortable footwear
- Pack a change of clothes in your carry-on bag (in case your luggage is delayed)
- Leave some room in your luggage for product samples, conference materials, etc.

Special Lectures and Lunches (by September 28, 2018)

[Pre-Register for Special Lectures and Lunches](#)

- Register today for the special lectures and lunches – which include recently added events
- The registration deadline to receive product samples and lunch is September 28
- You may register on-site at the conference, but you will not be eligible for product samples or lunch
 - ***DJO Global Presentation and Lunch – Tuesday, October 9, 12:15 p.m.***
 - ***Superfeet Presentation and Lunch – Wednesday, October 10, 11:45 a.m.***
 - ***Gatorade Sports Science Institute Presentation and Lunch – Thursday, October 11, 11:45 a.m.***

Hoka One One Presentation and Running Shoes

- Sunday, October 7, 12:15 p.m. You do not need to pre-register for this lecture.
- If you registered by August 21 and attend the Hoka lecture, complimentary running shoes will be distributed after the lecture at approximately 1:00 p.m.
- A list of attendees eligible to receive shoes will be posted on the app and at the conference

Swim Clinics

The swim clinics are designed to improve technique to advance individual performance.

- Sunday, October 7, 1:45 p.m. mandatory orientation for all swim clinic participants in the Alii Surf Ballroom
- Clinic Times/Days: Sun. at 2:00 pm and 3:00 pm; Mon. 1:00 p.m. at The Royal Kona Lagoon
- If you didn't pre-register for these clinics, you may check the availability on site

Welcome Reception – Monday, October 8, 6:30 p.m.

You and one (1) guest are invited to the Welcome Reception in the Royal Kona Resort's Alii Surf Ballroom foyer. This is a great opportunity to meet the faculty, your fellow attendees and their guests.

- Reception tickets will be available at the registration desk when you pick up your name badge
- Please wear your name badge, and attire is dressy casual
- The event will feature appetizers and a no-host cash only bar

Ironman Medical Tent - Wednesday, October 10, 3:00 - 6:00 p.m.

Ironman Medical Tent Director, Paul Berlin, will post assignments at the conference registration desk. Paul will be onsite to answer questions Sunday through Wednesday.

- Medical Tent t-shirts and wrist bands will be distributed in the Alii Surf Ballroom foyer on Wednesday.
- If you haven't registered for the medical tent, [visit the web site](#) to learn how.
- Please direct all questions to Paul onsite at the conference or via irondoc_paul@comcast.net.

Please note: The ISMC web site features limited information about the medical tent. Neither CMX Travel & Meetings nor the ISMC arranges or confirms assignments for the Medical Tent.

Ironman Race Slot Drawing – Thursday, October 11, 5:30 p.m.

The drawing for the 2019 Ironman World Championship race slot will take place at the conclusion of the conference.

- You must be a full conference participant to enter. Single day registrants are not eligible.
- Faculty, staff, exhibitors/sponsors, coaches, attendee guests and prior Ironman Hawaii finishers are not eligible to enter the drawing.
- You must be present to win.
- All rules and restrictions may be found at www.cmxtravel.com or on the app.

Ironman World Championship – Saturday October 13

- 6:30 a.m. Professional athletes start; 7 a.m. Other participants start.

Race Day! You can watch the race from The Royal Kona Resort or walk to the pier for an up-close view. Most restaurants and coffee bars along Alii Drive open at 5 a.m. on Race Day. Pick your spot early, as the best locations fill up quickly. Click this link for the [2018 IRONMAN World Championship Event Schedule](#). The schedule is also on the app.

CMX Travel: On-Site Services

CMX Travel & Meetings is available each day of the conference.

- Please see Joe Federl and Janice Richards with questions about the conference or your hotel accommodations.
- The conference registration desk opens at 6:30 a.m. on Sunday, Monday and Tuesday, and at 12 p.m. on Wednesday and Thursday.

Conference Check-in and Name Badges

- Conference registration begins Sunday, October 7, at 6:30 a.m. at the Alii Surf Ballroom at The Royal Kona Resort.
- Registrants will receive an agenda, name badge, breakfast coupons, reception tickets and a T-shirt.
- Attendees must sign for CME hours **DAILY** (see sign-in forms at conference registration desk).
- Conference attendees must wear their name badges at all times in the conference room and exhibit area.

Guest/Child Policy

Only conference attendees may attend the lectures and special presentations. Non-registered guests are not allowed in the lecture hall or exhibit areas. Children of any age are not allowed in the lecture hall or the exhibit areas. If your guest wishes to attend a lecture, please have them check with the conference registration desk.

Daily Registrants

If you registered for only 1 or 2 days of the conference, you are eligible for all lectures, special lunches and social events only on those days only.

Breakfast Coupons

- Each full conference attendee will receive 3 full buffet breakfast coupons for The Royal Kona Restaurant
- Coupons are valid from Sunday, October 7 until Sunday, October 14
- The restaurant is open from 6:00 - 10:00 a.m. daily; earlier on race day
- You do not need to be a guest of The Royal Kona Resort to use your breakfast coupons
- Note: No breakfast will be served in the conference area on days that convene in the morning

CME Certificates

- CME certificates will be distributed at the conclusion of the conference on Thursday, October 10
- A completed Evaluation Form is required to receive your certificate
- Should you need to depart early, please ask for your certificate
- All certificates not picked up at the conclusion of the conference will be mailed

Evaluation Forms

- Attendees are required to complete a conference Evaluation Form prior to receiving their CME certificate
- Please present your completed evaluation form to the conference registration desk to receive your certificate

Syllabus

- A hardcopy of the syllabus will not be distributed at the conference
- There is no Wi-Fi service in the Alii Surf Ballroom*
- [Download the syllabus lectures from the conference app](#) (available just a few days before the conference)

*The Royal Kona Resort offers wi-fi in the sleeping rooms for a fee. Ask for details from the hotel's front desk.

Royal Kona Resort: Contact Information

75-5852 Alii Drive, Kailua-Kona, HI 96740

Phone: 808-329-3111

FAX: 808-329-9532

Web: www.royalkona.com

We hope this information is helpful as you plan your trip, and while you are at the conference. And please check back often as we continually add additional information to the website and app. Lectures will be posted as soon as they are available.

Thank you for joining us for the Ironman Sports Medicine Conference. We look forward to meeting you in Kona!

Joe Federl

Janice Richards

CMX Travel & Meetings

Phone: 1-781-829-9696

E-mail: cmxtravel@cmxtravel.com

Web: www.cmxtravel.com