

2026 Birkie Medical Conference

Thursday, February 19, 2026, 1:30 - 4:15 pm

Hayward High School Auditorium (near the Birkie Expo)

10320 N Greenwood Lane, Hayward, WI 54843

Agenda:

1:30 pm – Reception with lite fare

2:00-3:00 pm

Detecting Fluoros on Race Skis-Zach Via PhD

Using Heart Rate Variability-Jason Kask MS

Arrhythmias in the Athlete- Christina Fanola MD

3:00 pm Break

3:15-4:15 pm

NSAID Use in Endurance Events-Jacob Brown PharmD, MS

Exercise in Pregnancy, Postpartum and Lactation-Alena Tofte MD

Learning Objective:

Upon completion of this educational activity, the participant should be able to:

- Understand heart rate variability and how it can be applied
- Become familiar with arrhythmias encountered in the athlete
- Review physiology of pregnancy and its importance related to exercise

Target Audience

This activity is designed for interested medical professionals in all specialties.

Disclosure Statement

All presenters have no conflict of interest with any topics discussed.

Registration fee: \$75

[LINK](#) to sign up

**Free for Birkie Medical
and Tamarack volunteers**

Please email:

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