

NORTH DAKOTA **ROUGH RIDER** **HEALTH CONFERENCE**



Medora, ND 2026

"SUPER HEROES of HEALTH" Roughrider "40" Schedule 2026 (All Times Are Mountain Time)

**✪ NORTH DAKOTA ✪
ROUGH RIDER HEALTH CONFERENCE**



Medora, ND 2026

**✪ NORTH DAKOTA ✪
ROUGH RIDER HEALTH CONFERENCE**



Medora, ND 2026

Monday May 25, 2026

5:00 p.m. - 7:00 p.m.
5:00 p.m. - 8:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center
Mini-Golf (Volk)

Tuesday May 26, 2026

7:30 a.m. - 8:00 a.m.
8:00 a.m. - 9:30 a.m.
9:30 a.m. - 11:30 a.m.]
11:30 a.m. - 12:30 p.m.
12:30 p.m. - 1:30 p.m.
1:30 p.m. - 2:30 p.m.
2:30 p.m. - 3:30 p.m.
3:45 p.m. - 4:45 p.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center
Opening Ceremony (Volk) Rough Riders Conference Center
Keynote (Joe Beckman) Rough Riders Conference Center
Lunch (On Own)
Breakout Session #1 (Beckman, Hanson, Teddy Library) Medora Room/Little Missouri Room/ Showhall
Team Meeting (Volk) Showhall
Breakout Session #2 (Beckman, Hanson, Teddy Library) Medora Room/Little Missouri Room/Showhall
Breakout Session #3 (Beckman, Hanson, Teddy Library) Medora Room/Little Missouri Room/Showhall

Wednesday May 27, 2026

7:30 a.m. - 9:00 a.m.
9:00 a.m. - 9:30 a.m.
9:30 a.m. - 10:30 a.m.
10:45 a.m. - 11:45 a.m.
11:45 a.m. - 12:30 p.m.
12:30 p.m. - 1:30 p.m.
1:30 p.m. - 2:30 p.m.
2:30 p.m. - 3:30 p.m.

Personal Wellness Inventory-Teddy Walk (Volk) Rough Riders Conference Center
Breakfast (On Own)
Breakout Session #1 (Dr. Schmitz, Odden, Flaten) Medora Room / Little Missouri Room / Showhall
Breakout Session #2 (Dr. Schmitz, Odden, Flaten) Medora Room / Little Missouri Room / Showhall
Lunch (On Own)
Personal Wellness Inventory (Volk) Behind Showhall
Team Meeting (Volk) Showhall
Breakout Session #3 (Dr. Schmitz, Odden, Flaten) Medora Room / Little Missouri Room / Showhall

Thursday May 28, 2026

7:00 a.m. - 8:00 a.m.
8:00 a.m. - 9:00 a.m.
9:00 a.m. - 10:00 a.m.
10:15 a.m. - 11:15 a.m.
11:15 a.m. - 12:15 p.m.
12:15 p.m. - 1:15 p.m.
1:30 p.m. - 2:30 p.m.
2:30 p.m. - 3:30 p.m.
3:30 p.m. - 4:30 p.m.

Personal Wellness Inventory (Messer / Volk / Kielpinski) Medora Room / Flag Pole / Showhall
Breakfast (On Own)
Breakout Session #1 (Booth, White, Moseman) Medora Room / Little Missouri Room / Showhall
Breakout Session #2 (Booth, White, Moseman) Medora Room / Little Missouri Room / Showhall
Lunch (On Own)
Breakout Session #3 (Booth, White, Moseman) Medora Room / Little Missouri Room / Showhall
Personal Wellness Inventory (Messer / Volk / Kielpinski) Medora Room / Flag Pole / Showhall
Personal Wellness Inventory (Messer / Volk / Kielpinski) Medora Room / Flag Pole / Showhall
Team Meeting - Working Picnic Celebration (Volk) Rough Riders Conference Center

Friday May 29, 2026

7:00 a.m. - 8:00 a.m.
8:00 a.m. - 8:30 a.m.
8:30 a.m. - 10:30 a.m.
10:30 a.m. - 11:30 a.m.

Check Out Rooms
Team Meeting (Volk) Rough Riders Conference Center
Keynote Session (Matt Booth) Rough Riders Conference Center
Closeout Activities and Awards (Volk) Rough Riders Conference Center



May 26 – May 29, 2026 Medora, ND

Sponsored by the Roughrider Health Promotion Association Inc.

WWW.NDROUGH RIDER.COM

HEALTHY SCHOOLS HEALTHY SELF HEALTHY COMMUNITIES

ROUGH RIDER MISSION: To promote healthy lifestyle concepts to North Dakota students, school personnel and community members in order to share, learn and develop plans of action for healthy schools and communities.

REGISTRATION: Go to **NDROUGH RIDER.COM** and click on the Registration Tab

A confirmation e-mail of individual acceptance will be sent to you with-in **72 hours**.

*If you do not receive your confirmation within this time call: **Rodney Volk at 701-412-3323**

Registration fee is **\$250** per person.

Payment must be received by **May 15, 2026**

Make payment out to: **Roughrider Health Promotion**

Send payment to: **Rodney Volk – Roughrider President**
 302 12th Ave. North Casselton, ND. 58012

Team size may consist of any number of individuals. If the conference fills up beyond capacity, we will ask teams to limit number of members to accommodate more schools to network with.

Each participant will attend every session offered so there is no list to pick from.

NOTE: The conference often fills before deadline as space is limited, so we encourage you to complete your registration and send your payment as soon as possible. **Registration and payment is necessary for your spot to be secured.**

CANCELLATIONS:

If cancellation request is received by May 1, 2026 a refund will be issued minus a \$50 service charge per team member. Substitutions will be accepted if possible at no charge. Cancellations requests must be made by calling Rodney Volk @ 701-412-3323

CONFERENCE GRADUATE CREDITS “Professional Development”:

Two (2) graduate credits “Professional Development” will be available for participants.

Registration for credits will be available starting **May 1st, 2026**

A link to sign up for credit with the University System (NDSU, UND, Minot State) will be available through the Roughrider website at **WWW.NDROUGH RIDER.COM**

Participants are responsible for online payment of graduate credits “Professional Development.”

Attendance is taken at all sessions for documenting as required by for credit.

Check-in for the conference will be held at:
Rough Riders Hotel and Conference Center, Medora, ND.
Monday, May 25th, 2026
5:00 p.m. to 7:00 p.m.

Tuesday, May 26^h 2026
6:30 a.m. to 7:30 a.m.

Once checked in for the conference you will complete the fun, easy, and healthy Personal Wellness Inventory Assessment.

ROOMS: We have secured a super low Roughrider special rate of:
 \$99.00 per night at the **Badlands Hotel** double occupancy
 \$126.50 per night at the **Rough Riders Hotel** double occupancy.

Call and reserve your rooms early if you plan to attend. (1-800-MEDORA1) and ask for the **Roughrider Conference room block rate**. Please note that if you are **direct billing your room** to your school district, you will need to have this information set up with your school district and available when you make your reservation.

MEALS: are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodoros Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Medora Foundation policy states, “no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel.” They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.

REASONS TO ATTEND THE CONFERENCE:

- Personal and Professional Motivational and Educational Opportunities
- Coordinated School Health (CSH) Strategies and approaches for Action Plans
- After-School Programs
- Personal Wellness/Healthy Living Skills
- Networking Opportunities
- Safe and Drug-Free Schools and Communities
- School-to-Community Collaboration and Risk Prevention
- Recreational Opportunities
- Two Graduate Credits Available “Professional Development”
- Character Education
- School Assessment: School Improvement Plan
- Positive Behavior Support

WHO SHOULD ATTEND:

Administrators, Educators, Counselors, School Staff, Kitchen Staff, Transportation Staff, School Board Members, School Nurses/Public Health Staff, After-School Program Staff Community Members (Extension Service, Parents, Pastors, Safety, Tobacco and Trauma Coordinators, Social Workers, Youth Workers)

OBJECTIVES:

Develop a realistic and attainable Healthy School and Community Action Plan.
Expand knowledge of research-based prevention curriculum, enhancement through after-school programming, and classroom behavior management strategies.
Expand prevention efforts specific to environmental strategies and evidence-based programs.
Share successful teaching techniques, prevention strategies and programs.
Expand knowledge of North Dakota health initiatives, resource and community programs for healthy students, schools and communities.

EXPECTATIONS OF CONFERENCE PARTICIPANTS:

Attend the entire conference/complete graduate credit requirements “Professional Development.”
Participate in conference activities.
Develop an attainable Action Plan to take back to your school and community.
Learn healthy skills for self, schools and community.
Be an enthusiastic “team player” and “conference networker.”
Submit team photo and press release to your local newspaper after the conference
Look at the conference photos/videos on the NDROUGHTRIDER site following the conference.
Respect Medora and Roughrider Health Promotion Association, policies, rules and Laws.

OUTCOMES:

Provide data-driven decision-making choices.
Understand Coordinated School Health approach.
Realizing healthy students make better learners.
Facilitate a sustained collaboration between schools and community.
Prevent substance abuse in all communities of North Dakota.
Understand how your local Rural Education Association (REA) can help your school.

PRIOR TO CONFERENCE:

Organize your team.
Complete registration online.
Secure payment of conference fees and send to name and address listed on page 1.
Professional Development Graduate credit registration at WWW.NDROUGHTRIDER.COM linked to the University System payment for either (NDSU/UND/Minot State) of (2) Credits starting **May 1st, 2026**
Create a communication and support network.
Identify needs of individual and team events.
Secure a Silent Auction item – see Silent Auction link on website NDROUGHTRIDER.COM

AFTER THE CONFERENCE:

Send copy of action plan to Roughrider Association
Submit press release to local paper with team picture.
Present action plan to your school and/or community.
Lead and plan activities in your area to accomplish goals determined at conference.
Organize team meetings to monitor accomplishments of the team action plan.

SILENT AUCTION:

The Silent Auction is a Roughrider Health Promotion Association Fundraising **Tradition!**
Each individual is encouraged to participate by bringing a Silent Auction donation.

Auction proceeds support special conference events.

Items should be at least \$10.00 in total value.

Items should not have a school name or logo.

The “Silent Auction” format is paper bidding of items on display.

Each “shopper” outbidding the prior bidder.

Your bidding participation is the key to the success of this event!

The winning bidders pay and claim items when auction is closed.

Individuals can drop off Silent Auction items at Conference check-in @ the Rough Riders Hotel

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, May 28th, 2026

Final Bidding, Pick-up and Payment: 5:00 p.m.

NOTE:

Conference dress is casual. Comfortable clothes for light exercise, shoes for walking.

Video or still pictures may be used for future promotional materials for North Dakota Roughrider Health Promotion Conferences.

All activities listed on the schedule are required to attend if taking the conference for credit.

All outside activities, including the traditional Teddy Walk are rain or shine events.

NOTICE OF NONDISCRIMINATION: The Roughrider Health Promotion Association Inc. does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The North Dakota Roughrider Health Promotion Association Inc. does reserve the right to refuse registration to any individuals who are felt to pose a safety threat to others. The North Dakota Roughrider Health Promotion Association Inc. and the Board of Directors reserve the right to dismiss from the conference any individuals with unfavorable behavior not deemed suited in the best interest of the conference or the other participants. The North Dakota Roughrider Health Promotion Association Inc. Board of Directors is not liable for any injuries to person or property sustained at the conference.

The Equal Employment Opportunity law has been amended to include genetics, meaning applicants and employees and their families are protected from discrimination based on genetic information (includes information about genetic tests, the manifestation of diseases or disorders in family members, and requests for or receipt of genetic services).

Professional Development (2) Graduate Credit will be available from NDSU, UND and Minot State beginning Thursday May 1st, 2026 and will close Friday May 29th, 2026 at 12:00 p.m. MT. Time.

- NDSU scores with a letter grade (A-F)
- UND scores with a letter grade (A-F)
- Minot State scores with a (S) Satisfactory (U) Unsatisfactory grade only.

Click on the university icon below to direct you to their on-line credit registration.



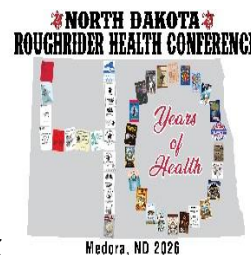
BE SEEN. BE HEARD.

Grading will be assessed on the following criteria:

- 1.) Participation in all activities.
- 2.) Completion of all written assignments satisfactorily.
- 3.) Preparation of an action plan.
- 4.) Evaluation and implementation of materials.
- 5.) Attendance at all required sessions.
- 6.) Submit conference team picture and press release to newspaper.



If you have any questions, please contact Rod Volk
701-412-3323 or volkr@fargo.k12.nd.us



NORTH DAKOTA ROUGH RIDER HEALTH CONFERENCE



Medora, ND 2026



For those of you that would like to play a round of golf, Bully Pulpit Golf Course has set aside tee times on Wednesday, May 27th, from 4:10 – 6:30. The Roughrider group rate of \$83.00 includes a seat on a golf cart, 18 holes of golf or until dark at approximately 9:00 p.m. Beginning April 1st, call 701-623-4653 and let them know you would like to book a tee time under the Roughrider Health Conference tee time block. They will hold that block of tee times until May 25th. We will have contest prizes throughout your round – long putt, long drive and closest to the pin.



Silent Auction



The Silent Auction is a Roughrider Health Promotion Association Fundraising Tradition!

Teams are encouraged to participate by bringing a Silent Auction donation.

- Auction proceeds support special conference events.
- Items should be at least \$10.00 in total value.
- Items should not have a school name or logo.
- The “Silent Auction” format is paper bidding of items on display; each “shopper” outbidding the prior bidder.
- No live critters, but plants are accepted.
- Your bidding participation is the key to the success of this event!
- The winning bidders must pay and claim items when auction is closed.

Individuals may drop off your Silent Auction Items at Check-In on:

Monday May 25th, 2026 at the Rough Riders Hotel from 5:00 p.m. to 7:00 p.m.

OR

Tuesday May 26th, 2026 at the Rough Riders Hotel from 6:30 a.m. to 7:30 a.m.

If you forgot to bring your item, you can sure purchase something at Medora and turn in anytime.

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, May 28th, 2026 Final Bidding, Pick-up and Pay: 5:00 p.m.



SOLD!



The color on your name-tag designates where you start your sessions on Tuesday, Wednesday and Thursday. We will rotate one room down!

Break-Out Sessions: Tuesday, Wednesday, Thursday

GREEN - Medora Room

BLUE - Little Missouri Room

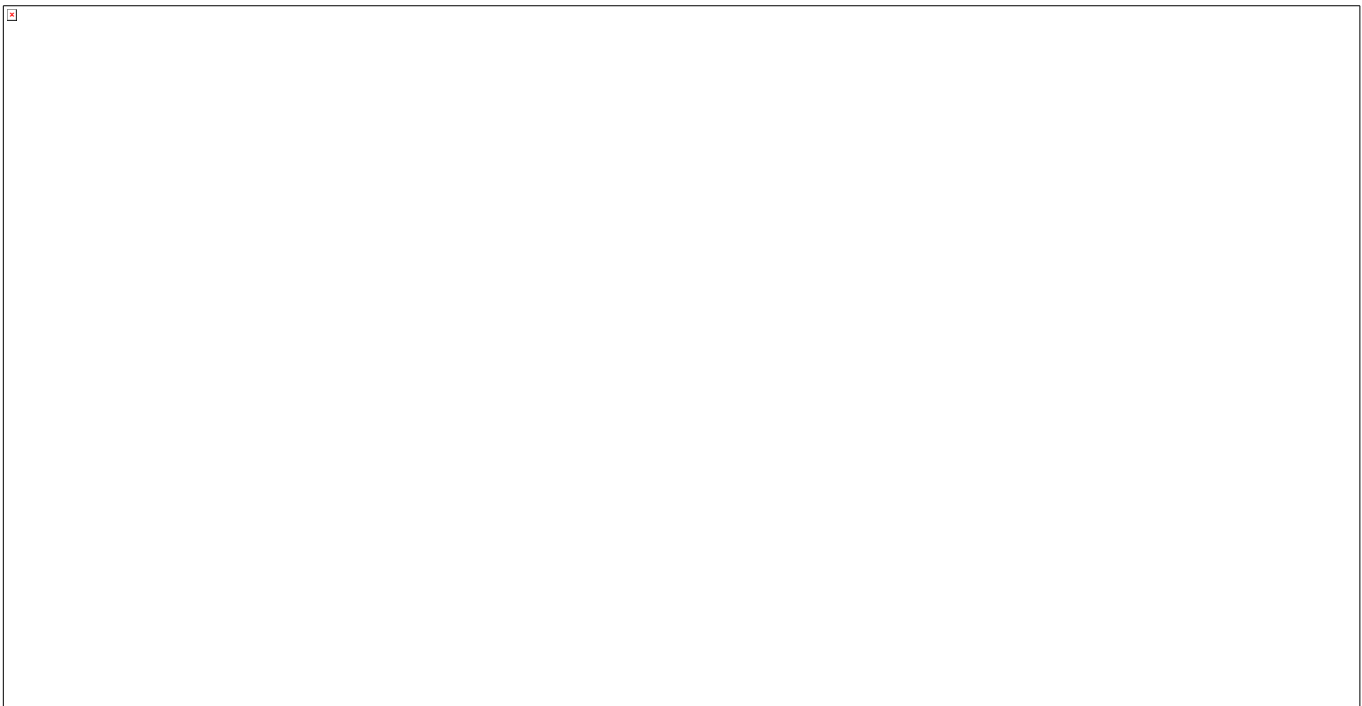
Red - Showhall

Thursday's Personal Wellness Inventory:

7:00 a.m.-8:15 a.m. **Green** - Medora Room / **Blue**- Flag Pole / **Red** - Showhall

1:30 p.m.-2:45 p.m. **Green** - Flag Pole / **Blue**- Showhall / **Red** - Medora Room

2:45 p.m.-4:00 p.m. **Green** - Showhall / **Blue**- Medora Room / **Red** - Flag Pole



ROUGH RIDER "40" - 40 YEARS OF HEALTH



- 1.) Greetings! You have registered for the 2026 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 26th – May 29th, 2026**
- 2.) Go to **NDROUGH RIDER.COM** and at the top you will see a large tab labeled **PRINT FULL CONFERENCE BROCHURE**, do so and bring it with you to the conference. The brochure will have the schedule and forms you will need for the week.
- 3.) Your conference registration check-in will depend on your travel arrangements and whether your arrival day is Monday the 25th or Tuesday the May 26th. If arriving on Monday, the conference registration check-in will take place at the **Rough Riders Hotel** from **5:00-7:00 p.m. Mountain Time**. If arriving on Tuesday morning, the registration check-in will be from **6:30-7:30 a.m. Mountain Time**. You will be receiving your name badge, T-shirt, waiver forms, etc. This registration check-in time is for the Roughrider Conference only, as your hotel check-in arrangement is a separate matter. If you are **direct billing** your room to your school district, you will need to have this information set up with the hotel before the conference.
- 4.) After on-site registration check-in, you will enjoy the **MEET and GREET MINI-GOLF**. On Wednesday we will continue with the 40-year traditional morning **"Teddy Walk."** Around the beautiful Medora surroundings, we ask that **each team** have access to at least one laptop or smartphone device, to use during the week for this activity and our action plan work.
- 5.) A tradition of Roughrider is to have fun with our theme, which this year is **"40 YEARS OF HEALTH 2026"** A team spirit award is given at the end of the conference to the team who brings the most positive Roughrider energy. We encourage you and your team to bring your team spirit and some fun/crazy dress attire that matches the **"40 YEARS OF HEALTH 2026"** Theme. If you need ideas, go to NDROUGH RIDER.COM and click on the past conference pictures or video tab and see what other teams have done in past years. Also, Wednesday is "Wear Your Conference T-Shirt and picture day," so plan your attire accordingly.
- 6.) If taking the Roughrider Conference for credit, starting **May 1st** you are able to go to our site **NDROUGH RIDER.COM** and click on the **Professional Development Credit** tab. In this tab you click on your choice of university (**NDSU, UND, Minot State**) from which to receive conference credit. This tab will take you directly to that university's site where you will make your payment for credit. You will receive **two** credits for a Roughrider discount rate of \$100. There is **NOT** a one credit option. If you

need **CEU's** Please talk to Rod Volk to arrange this. You have until 12 p.m. Mountain Time Friday, **May 29th** to register for these credits. **NDSU and UND** use a letter grade system (A-F), and **Minot State** uses a Satisfactory / Unsatisfactory.

- a.) There is **no** prior assignment work that must be done before the conference.
- b.) **You will have completed all the necessary paperwork for your credits when you leave the conference.** One person on the team will need to submit your Roughrider Conference team photo and press release to your local newspaper. After the conference it is up to each team or individual to take back the complete the action plan for implementation as your district deems appropriate.
- **MEALS** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Medora Foundation policy states, “no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel.” They will allow you to bring your own bottled drink as long as it has a cover, but no outside food source is allowed.
 - **Bully Pulpit Golf Course** has tee-times set aside on Wednesday, May 27th from 4:15-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$83.00 includes a seat on a golf cart. Call 701-623-4653 to book a tee time under the Roughrider block. The reserved block will be held **until May 26th**. If you decide at the last minute to golf, we have always been able to get more on the course. We will have a long putt, long drive and closest to the pin contest, with prizes for the winners.
 - The **Silent Auction** is another Roughrider tradition that has been a big hit over the years with participants. We are encouraging **each participant to bring a silent auction item** worth at least \$10.00. Participants may bid on the items at our “40th Anniversary Celebration” Thursday May 28th, as this will be a working lunch with a burger and brat picnic style cookout for you to purchase. The Roughrider Association has tried to give you the best facilities and presenters for this conference. The money raised from the silent auction has allowed us to offer you top presenters with low registration fee.
 - **Specific items to bring:** Have a pen with you throughout the week. A set of **exercise clothes** is not mandatory, but we will have some activities where this attire will suit you better. You will need a good pair of **walking shoes**, as we will be moving on our feet for some of the sessions. **Raingear** could be valuable, as the “Teddy Walk” and the other outside scheduled activities are rain or shine events. Feel free to bring some **snacks** to keep in your room as well.

If you have any further questions, please look at your complete conference brochure or you may contact me at **701-412-3323** or e-mail volkr@fargo.k12.nd.us Rod Volk-Roughrider President

Joe Beckman



OPENING KEYNOTE: "JUST LOOK UP!"

Just Look Up! Life-saving phrases EVERY human needs to hear

Combining humor, authenticity, heart, and soul, international speaker Joe Beckman shares timeless wisdom through phrases he believes all humans need to hear...especially today. The result is a refreshing, authentic, and down-to-earth approach to finding self-worth (**Love YOU**), resilience (**Push Through**), confidence (**Fail On**), joy (**Yeah Toast!**), and maybe most importantly, human connection (**Just Look Up**). Participants will walk away with tools, resources, and strategies around self-care, human connections, and building positive relationships in their Life!

Breakout Session "THE TOOLS: CHARACTER-INSPIRED ACTIVITIES AND BEST PRACTICES"

Based off Joe's keynote, Just Look Up, "The Tools" is a nuts-and-bolts workshop that will equip participants with character-based tools around personal growth, leadership development, and creating a positive school culture. Participants will walk out with fresh ideas, practical resources, and 3 inspiring videos & lessons ("the tools!") they can immediately use with their staff, students, and larger school community. Bring a pen, bring a notebook, and bring a folder... you're going to be walking away with some "tools!"

Biography Joe Beckman:

As co-founder of Till360, Joe Beckman's mission has been to RECLAIM HUMAN CONNECTION in school communities throughout the world. Joe has shared his infectious energy, humor, and passion in over 2,000 schools, positively impacting over 1 million people worldwide through: Live speaking events, Powerful videos or his best-selling books, **Just Look Up, and Just Look Back** Joe resides in the lovely state of Minnesota, with his 4 children and exceptionally beautiful, patient, strong, kind-hearted wife, Jess.

Matt Booth



CLOSING KEYNOTE: "BASICALLY INCREDIBLE"

Everyone is striving to perform better in their life activities. In this session we will discuss how optimal sport and exercise performance principles apply to all of life's activities. Participants will understand how doing the basics consistently leads to an incredible life. His mission is to provide hope that tomorrow can be better than today, and this is possible when we Figure It Out. Using the five needs of Negativity- Engagement- Energy- Direction- Source of Power Figure It Out- will help participants learn core components needed for success.

Breakout Session: "WHAT IS THE VALUE OF YOUR ATTITUDE"

There is an old saying that "attitude is everything". Is that true? I think Attitude is the START of everything! Attitude determines your thoughts and, ultimately, your actions. In this program, you will find that being positive as often as possible helps you be more successful at what you do. You'll leave this program with practical takeaways and the motivation to implement them.

Biography Matt Booth:

Matt Booth is the **ATTITUDE EXPERT**. Matt is an engaging speaker and author who encourages people to chase their dreams. He is direct, thought-provoking, and inspiring. To achieve Personal Satisfaction and Professional Success, Matt's philosophy is simple: You Must Be Yourself and Improve Yourself. When Matt speaks, the audience won't be listening to another talking head with a boring power point. They will be participating in an interactive experience that will engage, educate and entertain while inspiring them to act! Matt's humor, quick wit, and ability to connect with people creates meaningful attitude changes. Matt has enjoyed getting to share his message throughout the United States and with international audiences around the world. Matt grew up on a farm in Southwest Wisconsin in the heartland of America. He lives in Dubuque, Iowa on the banks of a small creek that feeds into the mighty Mississippi with his lovely wife Joie and their sons Carter and Graham. Matt enjoys hiking with his family, fishing with his boys and taking his wife out for dinner. Matt received his undergrad at University of Wisconsin and then graduated with his Master's Degree in Communication from University of Dubuque. Most recently Matt was awarded the highly esteemed, Certified Speaking Professional.

Dr. Jake Schmitz



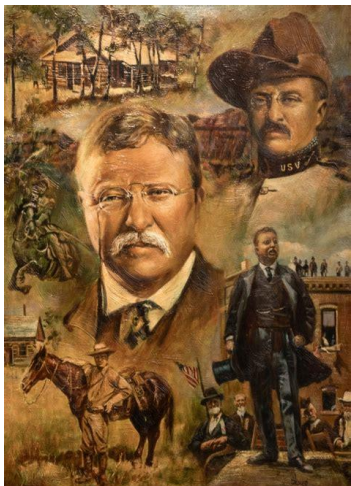
BREAKOUT SESSION: "DIGESTIVE DILLEMA-WHAT YOU DON'T KNOW (WILL) HURT YOU"

"This educational program is designed to help you understand the hidden drivers of modern digestive disorders. Drawing on 15+ years of clinical experience and the latest research in functional and nutritional medicine, Dr. Jake unpacks the systemic root causes of gut dysfunction—including diet, stress, immune imbalance, and environmental toxins. Participants will walk away empowered with practical strategies to restore optimal digestive health, improve immune resilience, and reverse chronic symptoms from the inside out." Participants are encouraged to ask questions and have a great dialogue on potential health benefits for themselves, their family, and the students in our schools.

Biography Dr. Jake Schmitz:

Dr. Jake Schmitz is a chiropractor with advanced training in clinical nutrition and functional medicine. Holding a Doctorate in Clinical Nutrition (DCN) and a master's in human nutrition and functional medicine, Dr. Schmitz specializes in uncovering and addressing the root causes of chronic digestive disorders, systemic inflammation, and metabolic dysfunction. With over a decade of clinical experience, Dr. Schmitz integrates evidence-based diagnostics with personalized lifestyle, nutritional, and supplemental interventions in his work with clients. He emphasizes restoring gut integrity, rebalancing the microbiome, and resolving immune dysregulation on the path to healing. As an engaging and credible speaker, Dr. Schmitz is known for translating complex science into practical, actionable strategies, and making sure you laugh while learning. He frequently lectures on topics such as intestinal permeability (leaky gut), dysbiosis, autoimmune triggers, and the clinical applications of nutritional interventions. When he's not teaching or seeing patients, Dr. Schmitz is chasing after his five kids, reading some new fantasy/sci-fi book, or writing his own new book.

Theodore Roosevelt Presidential Library



BREAKOUT SESSION: "BULLY-TEDDY ROOSEVELT PRESIDENTIAL LIBRARY TOUR"

"BULLY" THEODORE ROOSEVELT PRESIDENTIAL LIBRARY: Roughrider educators will get a sneak peek visit at the soon-to-open Theodore Roosevelt Presidential Library in Medora. This profound immersive learning experience will bridge classroom theory with real-world leadership, conservation, and civic engagement. Nestled amid the Badlands where Roosevelt himself found solace and purpose. As educators explore interactive galleries spanning Roosevelt's lifelong journey, from his formative ranching years in North Dakota to his presidency. Participants will acquire a rich, place-based narrative that enhances social studies curricula and inspires students to embrace citizenship. The library's digital archives ensure teachers can connect primary-source materials directly to lesson plans, fostering historical inquiry and media literacy. Ultimately, this visit empowers North Dakota educators to contextualize Roosevelt's "strenuous life" philosophy within local landscapes, equipping them to show their students a sense of leadership, environmental responsibility, and civic action rooted in their own backyard.

Biography Teddy Roosevelt

Theodore Roosevelt was the 26th President of the United States. He ascended to the Presidency on September 14, 1901. He immediately set his own course and became perhaps the most active and outspoken President in American history. He was elected in his own right in 1904. Roosevelt believed it was his destiny to lead the people of the United States into the Twentieth Century, to expand the powers of the constitution and especially the Presidency, to make government for all Americans. Roosevelt was a successful author, big game hunter, and global adventurer. He read and wrote more than any President of the United States, with more than thirty books and 150,000 letters and countless articles and columns flowed from his pen. After he left the Presidency in 1909, Roosevelt embarked on a yearlong safari in east Africa with his son Kermit, where he brought more than 500 specimens back to the United States for deposit in national museums. Although Roosevelt is the poster child for the strenuous life, he was born a frail and asthmatic child. Inspired by his father to "make your body," he transformed himself by hard discipline into an uncompromising man of action. The four years he ranched in the **badlands of western North Dakota** marked the turning point in his life. He came to North Dakota a New York dude and he left ready to take on the world. Roosevelt threw himself unhesitatingly into every arena of existence. His energies, his passions, his utterances, his opinions, and his appetites were all larger than life. His friend and critic Henry Adams said Roosevelt reminded him of the God of the scholastic philosophers: "pure act." When Roosevelt died in his sleep on January 6, 1919, his son Archie cabled the others with the message, "The old lion is dead."

Don Moseman



BREAKOUT SESSION: "HOW TO BUILD AND MANAGE A THREAT ASSESSMENT TEAM"

This session will give educators national best practices for how to not only assemble an effective Threat Assessment Team, but also how to manage the team. This will include what types of threats should be addressed inside the building vs. using the team. Attendees will also learn the basics of using a threat assessment checklist. This assessment can be used at both the district and individual school level, that best suits your educational environment. Since no two schools are alike, no two plans put in place are the same, but we will build the structure for a successful threat assessment regardless of your situation.

Biography Don Moseman:

Don, his wife Angie, and their daughter Annabelle, are originally from Rapid City, South Dakota and he holds a bachelor's degree in Criminal Justice. After serving in the U.S. Air Force, he was employed as a State Trooper for 20 years. He had many duties for the state including accident reconstruction expert and the state training director for defensive driving programs. In 2003, he was recognized as the Law Enforcement Education Officer of the Year for the United States by the BATF (Bureau of Alcohol Tobacco and Firearms) for his work in educating young people. He served the National Safety Council for 2 years as the Director of Government Programs. He has been teaching young drivers in the Alive at 25 Program for 17 years. He has been a certified instructor in more than 20 state, federal and national safety council programs. In total, Don has taught more than 1,200 law enforcement and safety courses to more than 25,000 people. He came to the North Dakota Safety Council in February of 2013.

Nancy Hanson



BREAKOUT SESSION: BEYOND THE FINISH LINE: THE HEART OF THE SPECIAL OLYMPICS ND

Discover the transformative power of inclusion, resilience, and community through the lens of Special Olympics North Dakota. This inspiring session goes beyond medals and milestones to spotlight the athletes, families, and volunteers who embody the true spirit of the movement. Learn how Special Olympics ND is more than just sports and is changing lives, building leaders, and creating a more unified world—one finish line at a time. Most likely your community has individuals who can benefit from being a participant or a volunteer.

Biography Nancy Hanson

Nancy Hanson serves as the President and CEO of Special Olympics North Dakota, becoming only the second individual to hold this position in the organization's more than 50-year history. In her role, Nancy leads the strategic direction and daily operations, ensuring alignment with the standards and mission of Special Olympics International and the guidance of the SOND Board of Directors. With over a decade of leadership and marketing experience, Nancy brings a dynamic blend of vision, dedication, and expertise to the organization. She oversees key areas including program development, fundraising, strategic planning, and community engagement—always with a focus on enhancing the lives of athletes and their families.

Nancy holds a Bachelor of Science in Business Administration from Minot State University and an MBA from North Dakota State University, where she specialized in Marketing and Organizational Development. Outside of her professional life, Nancy enjoys spending quality time with her husband, Ron, their adult children, and their growing families.

Tiffany Flaten



BREAKOUT SESSION: "FROM BURNOUT TO BALANCED: OPTIMISE YOUR BODY, BRAIN & GUT TO THRIVE IN THE CLASSROOM"

Teaching is one of the most demanding professions—mentally, emotionally, and physically. In this empowering session, board-certified nutritionist Tiffany Flaten reveals how optimizing your **body, brain, and gut health** can transform your daily energy, focus, mood, and resilience. You'll discover how root-cause nutrition can help you move from exhaustion to energy, brain fog to clarity, and burnout to balance. Whether you're facing daily fatigue, struggling with stress, or simply want to feel your best, this talk provides practical strategies that support sustained wellness—so you can thrive in and out of the classroom. Fuel your body, sharpen your mind, and restore your energy—because your health is the foundation of great teaching.

Biography Tiffany Flaten:

Tiffany Flaten, MS, CNS, M.Ed. is the founder and CEO of Rock Bottom Wellness and a board-certified Certified Nutrition Specialist (CNS) with advanced expertise in thyroid, hormone, and metabolic health. With a BS in Biology, an M.Ed. in Teaching & Learning, and an MS in Nutrition and Human Performance, Tiffany blends scientific insight with practical application to deliver a personalized, root-cause approach to wellness. She specializes in addressing complex conditions such as thyroid dysfunction, hormone and blood sugar imbalances, anxiety, depression, fatigue, and chronic inflammation—helping clients move from burnout to balance and regain energy, clarity, and confidence in their health. Tiffany's dedication to functional nutrition is rooted in her own healing journey, having recovered from thyroid cancer and related health challenges after years of misdiagnosis. This lived experience fuels her mission to empower others through informed, science-based care. Tiffany is the author of the bestselling book *Rock Bottom* Thyroid Treatment: An 8-Week Thyroid Diet for People with 'Normal' Test Results to Thrive, Not Just Survive. She has also co-authored peer-reviewed articles published in Family Therapy Magazine. A sought-after speaker, Tiffany has presented at Stanford, MIT, and Oxford, and her work has been featured on CBS, NBC, FOX, Expert Profile, and Voyage Minnesota Magazine. At Rock Bottom Wellness, she continues to offer personalized, holistic nutrition programs designed to bridge the gap between conventional care and functional healing.

Dr. Kelli Odden



BREAKOUT SESSION: "WELL-BEING, WHY DOES IT MATTER?"

The Vital Role of Adult well-being is crucial as you navigate your professional roles, personal relationships, and interactions with others. The work environment plays a pivotal role in either supporting or undermining an adult's well-being. You will learn to analyze and develop practical strategies for achieving work/life balance. Creating a Positive Work Environment: Techniques to foster an atmosphere that promotes well-being. Stress Management: Methods for managing stress, including mindfulness practices, time management skills, and relaxation techniques. Building Relationships: Strategies to improve communication and build more supportive relationships. Work-Life Balance: Tips for achieving a healthy balance between professional responsibilities and personal life. Personal Development: Learning and personal growth to enhance overall well-being. Recognition and Appreciation of the efforts and achievements of team members. These strategies aim to create a more supportive and positive work environment, benefiting everyone involved.

Biography Kelli Odden:

Dr. Kelli Odden is the Dean and Chair of the Division of Education at Mayville State University. Dr. Odden has 33 years and counting of teaching experience in elementary, special education, early childhood, and as an administrator. She teaches diversity, special education, and early childhood courses at Mayville State University. Dr. Odden is actively involved in the National Association for Early Childhood Teacher Educators as the organization's President-Elect. Her research interests focus on social and emotional guidance in early childhood, adult mental health, educational leadership, humor as a teaching strategy, and relationship building as a teaching tool. Working with professionals in the field and pre-service teachers daily is an absolute joy!

Frank White



BREAKOUT SESSION: "THE ART OF CARING LEADERSHIP"

The presentation describes leadership as a verb, something that we do for and with others. It presents a philosophy of success that incorporates three distinct traits or gifts of effective leaders: the ability to unite, inspire, and see the potential in others. These strategies will help foster a philosophy for serving others and challenge one to pursue their purpose, passion and dreams.

Biography Frank White:

Dr. Frank White, Professor Emeritus, recently retired after a forty-year teaching career filled with numerous awards, international teaching and a host of regional and national speaking presentations. He spent the last thirty-four years as a sociology professor at the University of North Dakota and six years as an instructor at Lake Region Community College in Devils Lake. Frank has been named the University of North Dakota's "Professor of the Year" on two separate occasions, the Academic Advisor of the Year, a Faculty Service-Learning award, a Bush Teaching Scholar and the North Dakota Spirit Achievement award. The UND Foundation recently established the Professor Frank White Endowed Scholarship for his long-term commitment to his students, the University and North Dakota. His leadership and community service have helped create endowed academic scholarships at Mayville State University, Lake Region Community College, the University of North Dakota and the American College of Norway.

Nancy Kielpinski



BREAKOUT SESSION: DANCE WITH NANCE!

In Nancy's fun paced session you will feed off her enthusiasm. You can bet it is a belief that movement and laughter will help you become a person who thinks more clearly, listens better, and acts on challenging situations we have in everyday life. Nancy will have you move your body, meet new people, and help you to become All-Star Healthy!

Biography Nancy Kielpinski:

Nancy Kielpinski attended the second Roughrider Health Conference and has been a regular participant and presenter at the conference ever since. Nancy graduated from the University of Mary with a degree in Physical Education and in Elementary Education. She has taught elementary school in Carson, North Dakota and in Fort Yates, North Dakota. For the last 25 years of her teaching career, Nancy taught Health and Physical Education at Mandan High School. While at Mandan High School she served as the SADD Advisor and has coached Special Olympics swimming in Mandan. Nancy believes in an active healthy lifestyle (Health is your best resource). Nancy has also taught swimming and water aerobics courses. Nancy and her husband Mark reside in Mandan and have three grown children: Rebecca, Jessica and Bryan. In her spare time, she enjoys dancing, riding bike, swimming, and spending time with her family.

Kori Messer



Yoga Blend-"Make today's fitness DREAMS tomorrow's GOALS & next week's ACHIEVEMENTS"

An introduction into the history of exercise and goal setting within wellness industry standards will begin this session. Interaction with the audience will take place through general inquiry. Through this interaction, the audience will maintain audio and verbal involvement, which will heighten the awareness and cognitive skills presented. The objective is to educate participants on becoming empowered by establishing a healthier life scene for oneself, and thus setting a great example to those around us. The desired outcome is physical stimulation through exercise (Tai Chi, Yoga & Pilates) in a group setting, with cognitive development through audio, visual, and verbal cues. Statistical information from published medical research will be introduced as it relates to improvement of physical activities for each person's own healthy living. Participants will be shown proper posture, muscle groups, and techniques in promoting self-efficiency and the reduction of common intrinsic risk factors in our daily living. Participants will engage in a combination of the three exercise formats collectively referred to as "**yoga blend**". Tai Chi will assist in warming the body up to encourage a safe exercise environment and promote self-awareness. Yoga will allow an opportunity for education on strength and muscle groups and Pilates will allow an opportunity for core strengthening. To finish the yoga blend session there will be an adequate cool down comprised of both active and static stretching.

Biography Kori Messer:

Kori Messer is a Christian wife, mom & CEO of Kori Ann Faith Enterprises. She is a (Certified Personal Trainer) & Inspired Life Strategist which means she empowers people to be God-driven leaders who shine light upon darkness, so the next generation is better off than the current one. As a result of working with Kori, people discover their voice and use it to release the strongholds in their life. This provides the freedom to choose how you spend your time and whom you spend it with. Kori is all about helping people acknowledge their value, discover their voice and claim victory over their life. This is how she's helped thousands of clients lift each other up, empower one another and really start living as they were designed to. She has spoken and presented on stages across the U.S.A. and helped facilitate life changing experiences along the way. It's time you get re-connected with who you were designed to be. Take the first step. Merging faith with fitness is part of Kori's Life by Design process.

Rod Volk



SESSION INFORMATION:

Opening Ceremony's:

To set the energetic tone for Roughrider Conference #40 - 2026 "40 Years of Health". Rod will go over all the week's attractions, requirements, and guidelines. Rod will cover in detail the Roughrider mission and the trends that make the mission so valid 40 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

Team Meetings for Action Plans:

In preparation for the 2026 Roughrider "40" Health Promotion Conference, all schools should be prepared to develop an action plan including goals and objectives for their team's focus at school during the 2026-2027 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools' documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

"Teddy Roosevelt Walk"

As part of the wonderful tradition of the Roughrider Conference, the "Teddy Walk" will have participants walk as a group to the newly built Teddy Roosevelt National Library as part of their fitness goals used for their personal wellness during the week.



Kathy's Heart Rate Scavenger Hunt:

Participants as part of their Personal Wellness Inventory will be on a team walk around the town of Medora looking for fitness items, while they meet and collaborate with team members from other school districts. Each participant will start out with their base resting heart rate. At the conclusion of the exercise session, the participants will be able to calculate a target heart rate zone and identify and use a target heart rate zone that will meet their personal fitness goals.



Maria's High Card Team Walk:

As part of their Personal Wellness for participants, they will interact with other conference members from outside their own team. The fitness group walk will take place around the four blocks adjacent to the Rough Riders Hotel. Each random team will be given a playing card, each time they finish as a group going around one of the four quadrants. The participants are not allowed to leave any member of their team's side during the activity. The outcome is to bond and network with other members of the conference, making the collaboration process easier when working on the action plans. The team with the highest 5 card poker hand wins a congratulations!



Pauline's Closing Ceremony Week Video

After a week of fun fast-paced learning, The Roughrider Board will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants, that Pauline works super hard to put together. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the conference started. Before we leave for home, we will unveil the theme for Roughrider "41" 2027 with the traditional participant skit.



Larry's Week of Amazing Pictures

From the second you arrive to the moment you walk out the door Friday, Professional Photographer and RR conference veteran Larry Holmstrom will capture you in all the Roughrider fun filled action. The pictures will be shared in the mid-week and closing video. The pictures will forever be preserved on the NDROUGH RIDER.COM website.

Biography Rod Volk: Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track in college as a four-year letter winner. Rod retired from teaching in 2022 after 31 years as a middle school science, math and language arts teacher in Fargo. His teaching career started in Casselton as a 6th grade classroom teacher and was also a physical education teacher and athletic director. Rod has been a head varsity football, wrestling, and track coach over the years, and has coached a combined 90 sport seasons. He has been involved with the Roughrider Conference for 35 years as a team member, facilitator, planning committee member, board member, and is currently the president and conference planner of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health.



Graduate Credit Summary Roughrider 2026

NAME _____ Cell Number _____

Address: _____

Signature: _____

Institution Recording PD Credit: (please circle) **NDSU** **MiSU (S/U only)** **UND**

Tuesday May 26, 2026

Personal Wellness Inventory Assessment: 5:30 – 8:30 a.m. (R. Volk)

Summary: _____

Opening Ceremony: 8:00 – 9:30 a.m. (R. Volk)

Summary: _____

Keynote Speaker: 9:30 a.m. – 11:30 p.m. (Joe Beckman)

Summary: _____

Breakout Session #1: 12:30 – 1:30 p.m. (Beckman / Hanson / Teddy Library)

Summary: _____

Team Meeting #1: 1:30 – 2:30 p.m. (R. Volk)

Summary: _____

Breakout Session #2: 2:30 – 3:30 p.m. (Beckman / Hanson / Teddy Library)

Summary: _____

Session #3: 3:45 – 4:45 p.m. (Beckman / Hanson / Teddy Library)

Summary: _____

Wednesday May 28, 2025

Personal Wellness Inventory Assessment: 7:30 - 9:00 a.m. (R. Volk)

Summary: _____

Breakout Session #1: 9:30 – 10:30 a.m. (Dr. Schmitz / Dr. Odden / Flaten)

Summary: _____

Breakout Session #2: 10:45- 11:45 a.m. (Dr. Schmitz / Dr. Odden / Flaten)

Summary: _____

Personal Wellness Inventory: 12:30 – 1:30 p.m. (R. Volk)

Summary: _____

Team Meeting #2: 1:30 – 2:30 p.m.

(R. Volk)

Summary: _____

Breakout Session #3: 2:30 – 3:30 p.m.

(Dr. Schmitz / Dr. Odden / Flaten)

Summary: _____

Thursday May 29, 2025

Personal Wellness Inventory Assessment: 7:00 - 8:00 a.m.

(Messer / Volk / Kielpinski)

Summary: _____

Breakout Session #1: 9:00 – 10:00 a.m.

(Booth / White / Moseman)

Summary: _____

Breakout Session #2: 10:15 – 11:15 a.m.

(Booth / White / Moseman)

Summary: _____

Breakout Session #3: 12:15 a.m. – 1:15 p.m.

(Booth / White / Moseman)

Summary: _____

Personal Wellness Inventory: 1:30 – 2:30 p.m.

(Messer / Volk / Kielpinski)

Summary: _____

Personal Wellness Inventory: 2:30 – 3:30 p.m.

(Messer / Volk / Kielpinski)

Summary: _____

Team Meeting #3: 3:30 – 4:30 p.m.

(R. Volk)

Summary: _____

Friday May 30, 2025

Team Meeting #4: 8:00 – 8:30 a.m.

(R. Volk)

Summary: _____

Keynote Session: 8:30 – 10:30 a.m.

(Matt Booth)

Summary: _____

Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m.

(R. Volk)

Summary: _____