

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

NORTH DAKOTA **ROUGH RIDER HEALTH CONFERENCE**



Medora, ND 2026

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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