

A publication dedicated to providing timely and accurate anti-doping information for those involved, and interested, in the Olympic and Paralympic Movement

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THE END OF AN ERA



Terry Madden leaves USADA with a sense of satisfaction and accomplishment

AFTER SEVEN YEARS AND FOUR MONTHS AS ITS CHIEF EXECUTIVE OFFICER, TERRY MADDEN LEFT THE UNITED STATES ANTI-DOPING AGENCY, AN ORGANIZATION HE BUILT FROM THE GROUND UP, FOR DESTINATIONS UNKNOWN.

"It was time," he said simply of his departure at the end of August. He left having accomplished the goals he established for himself at the outset of his tenure. "I believe we have restored the confidence of the world in the integrity of our Olympic athletes, and fulfilled all of the mandates which we were given when USADA was created."

It was a total surprise to him when, on a March day in 2000 at the O'Hare Hilton in Chicago during the organization meeting of the new board of directors, he was approached by newly elected board chairman Frank Shorter and board member Dr. Ralph Hale to determine whether he would have an interest in becoming USADA's first staff leader. At that time, Madden was chief of staff to United States Olympic Committee President Bill Hybl. He had also been serving as staff liaison to the Select Task Force on Externalization which recommended the creation of a testing agency independent of the USOC. "I needed two or three days to think about it," Madden remembers. "I knew the need for an independent agency, but I was concerned about my abilities to do all that needed to be done."

"Thankfully, he took the job," says Dr. Hale, who succeeded Shorter as board chair in 2003. "Terry took over an organization that, at best, was only a concept at the beginning, but one which was greatly needed by U.S.

sport. He has developed that organization into the premier anti-doping agency in the world today. He gained the respect of sport both nationally and internationally, as well as that of Congress and the administration. His tasks were difficult and his path often full of roadblocks, but he persisted and overcame all of the obstacles. The USADA is what it is today because of his diligence, intelligence, and perseverance."

For his part, Madden is equally thankful for his board. "They have been wonderful to work with from day one," he says. "No agendas. Just a desire to provide guidance and get the job done."

Madden's first two tasks were to assemble a staff that had the abilities and dedication to achieve his goals, and to put in place the funding that was necessary to support it. "We needed to find and attract people who were competent in the areas of science and education, and at the outset outside people who had the knowledge and interest to help us develop our testing protocols and procedures, and to get athlete input. We were very fortunate to have Dr. Larry Bowers, who had directed the IOC-accredited laboratory in Indianapolis, join USADA as our science director, and Rich Young, from Colorado Springs, help develop our protocols. Those were key additions. But every member of our staff has played a role in developing the organization into the

CONTINUED ON PAGE 2

leader it has become in the worldwide anti-doping effort.”

The issue of financial support that existed from the beginning has been one that required constant attention through USADA's development and evolution. Although the responsibilities assigned to USADA by the task force were significantly expanded over those assumed by the USOC's anti-doping program, the USOC's financial commitment to USADA was roughly similar to the resources devoted to its own program. “Our budget for the first year was \$6.7 million,” Madden recalls, “of which \$3.7 million came from the USOC. Today, our budget is \$13 million plus. Little did I know that we would need that level of funding.”

The growth of financial resources has been provided principally by the Federal Government. In the first several years it came through a grant arranged by then Colorado Senator Ben Nighthorse Campbell through the Office of National Drug Control Policy. Subsequently, through Madden's effective leadership and USADA's growing reputation as a worldwide leader in the anti-doping effort, other members of Congress on both sides of the aisle have become supporters. “What we do isn't the kind of activity which draws corporate sponsorship,” Madden says, “so the confidence of Congress has been of great importance to our progress.”

That confidence extends globally in the battle against performance-enhancing drugs. “Thanks to Terry's commitment to clean sport, the situation in the United States in relation to anti-doping has undergone a profound sea change,” says David Howman, director general of the World Anti-Doping Agency. “Under Terry's leadership, USADA has been established not simply as a highly effective and professional organization, but more significantly as a world leader among national anti-doping organizations.”

Madden admits to having been surprised by the world's perception of America's Olympic athletes when he attended his first Council of Europe meeting in November of 2000, a month after USADA opened its doors. “I didn't know how low our reputation was. We were seen as being on the same level as East Germany and China. That meeting certainly strengthened my resolve.”

As he left USADA, Madden was asked to look back on some of the “firsts” the organization achieved during his run as CEO.

“We were the first independent, transparent and confidential agency in the war on drugs,” he says. “In fact, the WADA Code is based upon our protocols and procedures. We were the first agency to have a long-term, broad based research program. One has to ask where we would be, not only nationally but internationally, without USADA's contributions in the development of tests involving EPO, human growth hormone, blood doping, and so-called undetectable steroids such as THG. We were the first to take blood doping and EPO cases to hearing.

“Our drug reference line has constantly improved, and is a great service to athletes. We were the first to have it staffed 24 hours a day, seven days a week. We are the first agency to develop an education program not only for Olympic athletes, but for the nation's youth. Other nations have either adopted or borrowed from our education materials.

“In the area of doping control, USADA has been the leader in developing an all-encompassing athlete whereabouts program to facilitate out-of-competition testing, and one which is easy for the athletes. We were the first agency to develop a Play Clean telephone line for athletes to communicate concerns directly to us, and we were the first and only agency to develop a comprehensive field observation and audit program for drug control officers.

“We developed an adjudication system that is both fair to the accused athlete, but also protects the rights of the clean athlete. We were the first to take non-analytical cases to hearing involving some of America's greatest athletes in the BALCO case, and I believe that our activities were largely responsible for the seven Congressional hearings into the problem of drugs in sports.”

Somewhere, after an appropriate break, another challenge awaits Terry Madden. It is hard to believe it will be as challenging, or as satisfying.

What athletes had to say about Terry...

“UNDER TERRY MADDEN'S LEADERSHIP USADA HAS GROWN FROM A BEHIND-THE-SCENES ORGANIZATION THAT NO ONE HAD HEARD OF TO A FULL-BLOWN DOMINATING PRESENCE IN OLYMPIC SPORT. DRUG TESTING USED TO BE A JOKE. THROUGH EDUCATION, INCREASED TESTING, AND MORE RIGOROUS PENALTIES USADA HAS MADE THE STATEMENT THAT IT IS NOT OK TO CHEAT AND FOR THOSE ATHLETES THAT DO THE CONSEQUENCES ARE SEVERE. AS A CLEAN ATHLETE I WELCOME USADA'S INCREASED PRESENCE AND I WANT TO PERSONALLY THANK TERRY FOR ALL HIS HARD WORK IN KEEPING OUR SPORTS CLEAN.”

– ALISON DUNLAP, CYCLING OLYMPIAN

“TERRY'S PRESENCE AND DRIVING FORCE WAS LARGELY RESPONSIBLE FOR NOT JUST CLEANING UP TRACK AND FIELD AND OLYMPIC SPORT, BUT A DRIVING FORCE IN THE PURSUIT TO CLEAN UP PROFESSIONAL SPORTS AS WELL. IT HAS BEEN AN INCREDIBLE SEVEN YEARS, AND USADA HAS GROWN FROM NOTHING TO PROBABLY THE MOST INFLUENTIAL SPORTS ORGANIZATION IN THIS COUNTRY.”

– JOHN GODINA, TRACK & FIELD OLYMPIAN

“WHAT WOULD I SAY ABOUT TERRY? AS AN ATHLETE I HAVE ALWAYS FOUND HIM TO BE VERY FRIENDLY AND APPROACHABLE. WHEN USADA FIRST OPENED ITS DOORS MOST ATHLETES WERE SKEPTICAL THAT USADA WOULD BE ABLE TO RID SPORTS OF PERFORMANCE-ENHANCING DRUGS. IT TAKES STRONG LEADERSHIP AND A LOT OF GUTS TO TAKE A MISSION LIKE THIS HEAD ON AND HAVE SUCCESS, WHICH IS WHAT TERRY MADDEN HAS DONE. FOR ATHLETES IT'S COMFORTING TO KNOW THERE IS A PROACTIVE ANTI-DOPING AGENCY THAT WILL TAKE THE STEPS NECESSARY TO ENSURE CLEAN SPORT AND HOLD ATHLETES AND COACHES RESPONSIBLE FOR THEIR ACTIONS. THANK YOU FOR ALL OF YOUR EFFORTS AND BEST OF LUCK TO YOU IN THE FUTURE.”

– CHRIS WITTY, SPEEDSKATING AND TRACK CYCLING OLYMPIAN



QUICK HITTERS

A QUICK LOOK AT THE LATEST ANTI-DOPING INFORMATION FOR ATHLETES

OUT-OF-COMPETITION NEWS

What is "120-Day Testing" and the "12-Month Rule," and why do these rules exist?

Athletes with the potential to be named to a U.S. Olympic or Paralympic team must be enrolled in USADA's Out-of-Competition (OOC) testing pool for a period of 12 months prior to the start of the Games. Athletes who are selected to participate in USADA's OOC Testing Program for this purpose, and decline to participate, will be ineligible to take part in the upcoming Olympic or Paralympic Games. Additional parameters of ineligibility are outlined in paragraph six (6.) of the USOC Anti-Doping Policies.

Notes about the 12-Month Rule:

- This rule applies to any athlete with potential to be named to an upcoming Olympic or Paralympic Games team.
- Each National Governing Body (NGB) notifies USADA of athletes to be added to USADA's OOC Testing Program (if you have questions about your status in the OOC Testing Program as it relates to the 12-month rule, please contact your NGB directly).
- If your NGB enrolls you in USADA's OOC Testing Program, the NGB will send you a packet of important information regarding your responsibilities and requirements related to OOC testing with which you must become familiar.

In addition to being enrolled in the OOC Testing Program for a period of 12 months prior to the start of the Games, athletes nominated to a U.S. Olympic or Paralympic Games team are subject to OOC and/or In-Competition testing at least once within 120 days of the Opening Ceremonies. While athletes nominated to a Pan American or Para Pan American Games team do not have to be enrolled in the OOC Testing Program, they too must be tested within 120 days of the start of the Games.

Notes about the 120-day testing rule:

- This rule applies to all athletes nominated to a U.S. Olympic, Paralympic, Pan American, or Para Pan American Games team.
- Test results must be negative.
- No athlete may be added to the U.S. team by substitution or otherwise unless he/she has been tested for doping with a negative test result within this 120 day period.
- Sanctions for any anti-doping rule violation will be consistent with the USOC Anti-Doping Policies, which incorporate the World Anti-Doping Code.

Why are these rules necessary?

As a signatory to the WADA Code, the USOC aims to lead the world in ensuring that U.S. athletes named to an Olympic, Paralympic, Pan Am or Para Pan Am Games team are competing clean. Both the 120-day rule and the 12-month rule are important to achieving this goal. As an athlete, it should be important to be able to proudly assert that you and your teammates are competing clean while representing your sport and country.

For more information about either the 120-day testing rule or the 12-month rule, review the USOC Anti-Doping Policies located on USADA's Web site at www.usada.org/policies.

KNOW THE DIFFERENCES!

USADA and the NCAA

Are you a collegiate student-athlete subject to doping control? Did you know that USADA and the NCAA have different rules and regulations regarding prohibited and permitted substances? Do you know the differences?

As an athlete, you are responsible for what you put into your system. Knowing the rules for the drug testing systems you may be tested by can help prevent an inadvertent positive test. If you need to take a medication that is prohibited, you are responsible for obtaining the appropriate exemptions required by each testing agency.

Checking the status of your medications is one way you can help avoid inadvertently testing positive for a prohibited substance. The following resources can assist you in checking the status of your medications.

- Olympic and Paralympic sport athletes can visit USADA's Drug Reference Online™ at www.usada.org/dro, or call the Drug Reference Line™ at 1-800-233-0393.
- NCAA athletes can find a complete list of NCAA Banned Drug Classes at www.ncaa.org/health-safety.
- NCAA athletes may also get information from Drug Free Sport at www.drugfreesport.com/rec or by calling 1-877-202-0769.

The Leadership Changes, but the Commitment Stays the Same

New CEO Travis T. Tygart is a natural successor to lead USADA forward in furthering its mission to protect clean athletes and the integrity of sport.

You could make the case that Travis T. Tygart, who took over the reins as chief executive officer in September, and the U.S. Anti-Doping Agency were made for each other.

Flash back to April of 2000, when Tygart was being interviewed for a job in Colorado Springs with the law firm of Holme Roberts & Owen (HRO). He had been looking for a position in sports law since he had graduated from Southern Methodist University law school in 1999 and hadn't yet found the right fit. In fact, he had interviewed earlier with HRO, which has a nationwide reputation for its work in the world of sport, and been offered a job which he declined. Shortly thereafter, he received a call from HRO telling him that it would become outside counsel to the newly-formed USADA, and wondering whether he would like to revisit his earlier decision. During that second meeting, the interviewer remarked that "you would be representing clean athletes," and a match was made. In October of 2002, then USADA CEO Terry Madden lured Tygart into a full-time position with the anti-doping agency as its Director of Legal Affairs. Two years later, he was named Senior Managing Director and General Counsel, overseeing all legal and communication matters,

including adjudication of all alleged doping offenses in arbitration before the American Arbitration Association and the Court of Arbitration for Sport.

"Sports have always been an important part of my life," Tygart says. "I was fortunate to play on two Florida state high school championship teams (one each in baseball and basketball), and I coached and taught at the high school level for three years before going to law school. The opportunity I've had at USADA to be involved in an undertaking that protects athletes and the integrity of sport has been very gratifying."

"When I decided to move on, appointing Travis as my successor was the easiest decision the board ever made," says Madden. Dr. Ralph Hale, chair of USADA's board, echoes Madden's comment. "Travis has been involved with USADA's mission from the very beginning. He has proved himself to be a very competent and capable person, and he has the experience to move into the role of CEO and continue to move USADA forward in providing outstanding leadership," Hale says.

Recognizing the outstanding work that marked Madden's term and the stature that USADA has achieved on the worldwide

anti-doping stage, Tygart still sees his new responsibilities as a demanding but stimulating undertaking. "I think we are at a defining moment in the battle against performance-enhancing drugs," he says. "The International Olympic Committee and the United States Olympic Committee took courageous steps in creating independent agencies and a lot of progress has been made, but there is still a lot to do as we work to further expose and fix the problem so that clean athletes can be successful. It is still an evolving effort."

New Student-Athlete Website

THATSDOPE.ORG

Thatsdope.org is filled with facts and fun for athletes who are addicted to sports, not drugs. Here's an overview of what the site has to offer:

WANT TO IMPROVE YOUR GAME? CHECK OUT **FUEL TO BURN** TO LEARN THE WHAT AND WHEN ABOUT FOODS ATHLETES NEED.

VISIT **OVER THE COUNTER** TO FIND OUT THE DIFFERENCE BETWEEN ENERGY DRINKS AND STIMULANT DRINKS.

YOU'RE ALWAYS WELCOME TO **PLAY**, AND IF YOU DON'T FIND THE INFORMATION YOU SEEK JUST **ASK AWAY** — AN OPPORTUNITY TO GET YOUR QUESTIONS ANSWERED BY EXPERTS.

INTERESTED IN A TRAINING PROGRAM OR OTHER ASPECTS OF ATHLETIC PERFORMANCE? GO TO **THE EDGE**.

WRITING A REPORT FOR SCHOOL? THE **PAPER TRAIL** HAS LOTS OF FACTS, INCLUDING DEFINITIONS, HISTORY AND SIDE EFFECTS



WHO SAID IT?


"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

(Answer on back page)

TECHNICALLY SPEAKING:

Blood Testing Update: Part II

A key component to USADA's mission is its testing program. Beginning in 2008, USADA will expand its blood sample collections.



An expanded blood testing program will soon provide an additional component for protecting clean athletes and leveling the playing field. These efforts will be implemented in phases, beginning with select sports. As sports are formally included in the program, athletes will receive more detailed information. As always, however, please remember that USADA retains the right to test any athlete at any time.

Following is a general overview of what to expect during a blood collection session:

WHAT IS THE PROCESS?

The blood testing procedure is not unlike a basic blood test at your family doctor's office. Athletes will have the option of having the blood sample taken from the inside elbow crease (the antecubital space), which is typical for drawing blood, or from the back of the hand.

WHO COLLECTS?

USADA will only be using certified phlebotomists (Blood Collection Officers) to perform the blood sample collections. A USADA Doping Control Officer will accompany these health care professionals during all blood collection sessions.

WHAT IS BEING TESTED?

There are two primary purposes for these blood samples:

- ◆ To test for hormones and related substances (EPO, hGH, etc.) as well as enhancement of oxygen transfer (synthetic hemoglobin, blood transfusions, etc.).
- ◆ To develop a profile for each individual athlete's blood parameters over time. Some of these parameters include hemoglobin/hematocrit levels (the number of red blood cells present) and a reticulocyte count (young, immature red blood cells). This allows clean athletes to distinguish themselves from those who cheat.

It also gives USADA another level for detecting those who are using performance-enhancing drugs or using prohibited methods of doping.

HOW MUCH BLOOD IS DRAWN?

The amount of blood drawn for both tests combined is minimal, totaling 9mL (just over one-half of a tablespoon) and would not negatively impact a normal, healthy person.

Blood testing is a critical next step in preserving the integrity of sport and combating doping. For additional information, go to www.usada.org/go/BloodTestingFAQs, or contact us at usada@usada.org.



The Training Room

Athlete Support Personnel – Join the Fight for Clean Sport

USADA is pleased to announce that its Athlete Support Pocket Guide is now available. This Guide is a quick resource for coaches, trainers, medical support personnel and other support staff.

Your athletes look to you for help, on and off the field. The Pocket Guide is loaded with concise information to help you and your athletes successfully fulfill anti-doping responsibilities. The Pocket Guide provides essential summaries and quick tips on:

- Athlete support anti-doping roles and responsibilities
 - Therapeutic Use Exemptions
 - Doping control
 - Prohibited substances
 - Dietary supplements
 - Signs of abuse and health issues related to using performance-enhancing substances
 - Resources to seek additional anti-doping information
 - Publication resources focusing on critical topics like ethical decision-making and sports nutrition
- Keep the Guide close at hand and when anti-doping questions come up, accurate answers will always be within your reach.

To request your Pocket Guide, contact USADA at: educationnews@usada.org, or (719) 785-2044.

Supplements – Are You at Risk?

Since its inception in 2000, USADA's message to athletes regarding dietary supplements has remained consistent.

"Athletes who take dietary supplements may test positive for a prohibited substance which may or may not be disclosed on the label."

Anti-doping rules make the presence of a prohibited substance in an athlete's urine or blood a doping offense regardless of how the substance got there. This concept of strict liability applies even if an athlete tests positive as a result of using a contaminated supplement. The athlete will be sanctioned in accordance with applicable anti-doping rules.

There has been some significant progress with new legislation passed affecting the dietary supplement manufacturing industry. Some of the dangerous and prohibited substances, like androstenedione (andro) and ephedra, have been removed from the market and are illegal to manufacture and sell in the United States. In fact, andro and many other anabolic steroid precursors (pro-hormones) are now listed as controlled

substances and are subject to all of the rules of the Drug Enforcement Administration concerning controlled substances. The Food and Drug Administration (FDA) has also stepped up the industry regulation by requiring that all companies follow the Good Manufacturing Practices (GMPs) by 2010. Large dietary supplement companies must comply by 2008.

While these changes do not eliminate all risk, they may reduce the risk of contamination. For instance, it is reasonable to assume that daily health supplements, such as vitamins, minerals, and amino acids are less risky than sports-performance supplements like protein powders, stimulants, weight loss products and proprietary herbal blends, botanicals or extracts from these plants.

As an athlete subject to doping control, it is important that you be an informed consumer if you choose to use a dietary supplement. Lower your risk of an adverse result from a contaminated supplement by considering the following table when researching supplement manufacturers.

Higher Contamination Risk	Lower Contamination Risk
They make claims that their product increases muscle mass or aids in quick recovery.	They submit their products to third-party testing to ensure purity.
They make claims that their product enhances oxygen transport.	They guarantee their products are safe for athletes subject to doping control.
They have little or no track record within the industry or their products are only available online.	They have been around for a long time and have a flawless reputation in the industry.
They do not comply with the GMPs.	They follow the GMPs of the FDA.
They manufacture other products that contain prohibited substances.	Other anti-doping agencies or sport authorities have endorsed their purity.

Also:

- ▶ Natural does not mean safe. Toxic herbals are frequently included in supplements.
- ▶ Vitamins in the body are not utilized by the body in the same manner as food. While foods are used during metabolism, vitamins are used in small amounts and recycled by the body. Excess amounts of water-soluble vitamins are sent out of the body as waste and the money spent goes down the toilet, literally. Excess amounts of fat-soluble vitamins can be toxic.
- ▶ Supplements do not replace a healthy diet and certainly do not make up for a poor diet.
- ▶ Some supplement companies are only concerned about profits and could not care less about the health of the consumer.
- ▶ Many supplement manufacturers cannot verify their performance-enhancing claims. Be a wise consumer and don't waste your money.

This information is intended to help athletes become better-informed consumers. USADA does not endorse any vitamin, mineral, amino acid, energy product or other supplement and cannot guarantee any supplement's purity or safety. All athletes should exercise caution as the use of dietary supplements is still at the athlete's own risk.

Answer to "Who Said It?"...

Steve Prefontaine

Steve "Pre" Prefontaine won the hearts of people worldwide for his talent, discipline and determination. Prior to his death in 1975 at the age of 24, "Pre" was determined to become the fastest runner in the world. Never giving up on his dream, he remains an icon in American running. He is a hometown hero, international track star and a running legend. For more information on the life and accomplishments of "Pre", visit www.prefontaine.com.

TAKE A STAND AGAINST DOPING!

Contact USADA at (877) 752-9253 if you suspect the integrity of your sport is being compromised by doping.



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