

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

HARMONIZING CHANGES

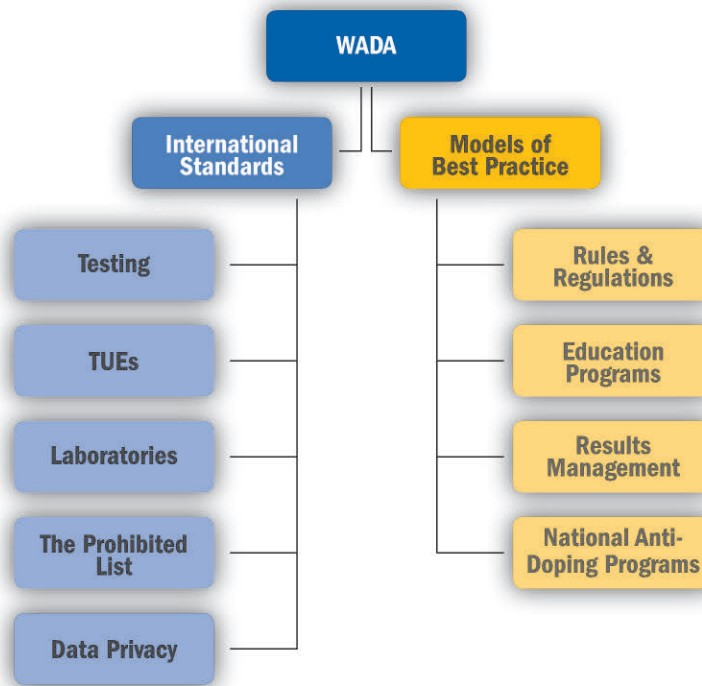
Important changes to the World Anti-Doping Code (Code) and the International Standards take effect January 1, 2009. The World Anti-Doping Agency (WADA) conducted an extensive consultation process with stakeholders world-wide in an effort to further uphold the integrity of sport. It is important that every athlete subject to testing is familiar with these changes.

Think of WADA as the parent organization beneath which is a network of national anti-doping organizations, including USADA. Each country and sport intending to compete in the Olympic or Paralympic Games is required to sign the Code showing their commitment to clean sport and fair competition.

The Code is the core document that provides the framework for harmonized anti-doping policies, rules, and regulations. Along with the Code, the International Standards seek to harmonize different technical aspects in the battle against doping - including testing, laboratory activities and accreditation, Therapeutic Use Exemptions, data privacy and the list of Prohibited Substances and Methods.

The changes to the Code and International Standards discussed throughout this newsletter, mandated by WADA, will impact USADA and all athletes world-wide.

The Hon. John Fahey, WADA President, believes that "clean athletes, and all those who are dedicated to clean sport, can be confident that we are moving in the right direction. Both WADA and the Olympic Movement are firmly rooted in the principle that athletes have the fundamental right to participate in competition that is safe and fair."



"The revised Code now reflects much of the experience we have had at USADA over the past few years in being able to effectively and aggressively pursue and expel intentional cheaters from sport," says USADA CEO Travis T. Tygart. "At the same time, it provides more flexibility in handling the cases of athletes where unusual circumstances are

involved. We are pleased with both the process which was followed, and with the results."

David Howman, WADA's Director General, says that "From the very beginning, and consistent with our mission, WADA has been entrusted with ensuring that there is a process in place to improve the Code so that it evolves to meet necessary changes brought about by such factors as science, law, anti-doping practice, and common sense."

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FIRMNESS AND FAIRNESS

Two general themes emerge from the approved revision of the Code in the opinion of WADA's leaders: firmness and fairness.

The "Firmness" Factor

Currently, the Code allows for a four-year ban to be imposed for a serious, first-time Anti-Doping Rule Violation (ADRV) only in cases of trafficking or the administration of a Prohibited Substance or Method. Under the revised Code, however, sanctions can be increased in cases involving rule violations other than trafficking or administration when aggravating circumstances are involved, such as:

1. being part of a larger doping scheme,
2. the athlete having used multiple substances, or
3. the athlete engaging in deceptive or obstructive conduct to avoid the detection or adjudication of an ADRV.

Thus, the revised Code broadens the spectrum of ADRVs that can lead to a four-year ban for a serious, first-time anti-doping offense. In this, the new Code expresses a new "firmness" factor.

The "Fairness" Factor

With the new changes, greater flexibility is provided with respect to sanctions where the athlete can establish that the substance involved in an Adverse Analytical Finding was not intended to enhance performance. This is accomplished by changing the definition of "Specified Substances" so that all prohibited substances are considered "Specified Substances" with the exception of those substances in the classes of Anabolic Agents and Hormones and those Stimulants identified on the Prohibited List.

Substances in the "Specified Substance" category are susceptible to unintentional ADRVs due to their general availability in medicinal products, or because they are less likely to be successfully abused as doping agents. This means that, depending on the circumstances, a sanction can be reduced to a minimum of a reprimand with no period of ineligibility from a two-year ban if the athlete can establish:

1. how a specified substance entered his/her body or came into his/her possession, and
2. that the specified substance was not intended to enhance sport performance.

It is important to note, however, that the newly defined Specified Substances are not necessarily less serious doping agents than other Prohibited Substances. For that reason, an athlete who does

not meet the reduction criteria could receive up to a four-year ban in cases of aggravating circumstances. The change does recognize, though, that there is a greater likelihood that Specified Substances, as opposed to other Prohibited Substances, could be susceptible to a credible, non-doping explanation. Once again, the Code expresses the "fairness" factor.

Reduced Sanctions

For athletes who have cheated, the incentives to come forward with helpful information have also been strengthened. Under the revised Code, if an athlete provides information which substantially assists an anti-doping organization, criminal authority, or professional disciplinary body that results in:

1. the anti-doping organization discovering or establishing a rule violation of another person, or
2. establishing a criminal offense or breach of professional rules by another person,

then, the athlete may receive a sanction reduction of up to 75% as opposed to only 50% under the current Code.

In addition, where an athlete or other person voluntarily admits to an ADRV prior to receiving notice of a sample collection which could establish a rule violation, or in circumstances where no anti-doping organization is aware that a violation might have been committed, the period of ineligibility may be reduced, but not by more than 50 percent of the applicable sanction.

International Standard for Laboratories

The revised standards also seek to accelerate the management of doping cases, requiring:

1. a faster time period between the analysis of the A and B samples, and
2. a mandatory provisional suspension of an athlete following an adverse finding of the A sample.

The revised International Standard for Laboratories requires that analysis of the A and B sample be completed within a time frame of seven days. The new standard also provides structure and guidance for planning effective testing and the maintenance of the integrity and identity of samples.

Changes to the International Standards for Testing, Therapeutic Use Exemptions, and the List of Prohibited Substances and Methods are addressed further in this newsletter.



ARM YOURSELF WITH SOLID TRAINING

Interactive Online Education

Every athlete in USADA's Registered Testing Pool (RTP) is aware of the importance of filing whereabouts information. Due to changes in the WADA Code and International Standards which take effect January 1, 2009 (see page 1), USADA has developed a mandatory online tutorial, USADA's Athlete's Advantage, which must be completed before providing your whereabouts information for the first quarter of 2009.

"The United States Olympic Committee recognizes the need for all athletes in the Testing Pool to be fully equipped with the knowledge about, and ability to access, anti-doping resources" says Jim Scherr, the USOC Chief Executive Director,

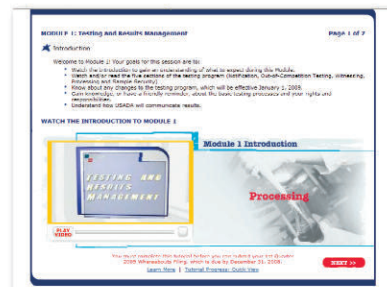
"particularly with the changes to the WADA Code. It is critical for all athletes in the RTP to comply with the anti-doping rules, and we have asked USADA to make sure that the information athletes must have is readily available."

USADA's Athlete's Advantage is designed to provide you with the information and resources you will need in order to comply with the Code and International Standard changes. The entire tutorial should take about an hour – roughly 15 minutes to cover each of the four modules:

1. **Testing and Results Management**
2. **The Prohibited List**
3. **Drug Reference Resources and Therapeutic Use Exemptions**
4. **Whereabouts and Whereabouts Failures**

USADA's Athlete's Advantage is now available and is aimed at helping you understand your rights and responsibilities. Once you start the tutorial you can either go through all four modules or log off and return at a later time to finish. When you have completed all four modules, you will get to see how your sport is doing compared to the rest of Team USA. Please remember that you are required to successfully complete USADA's Athlete's Advantage tutorial before you submit your 2009 first quarter Whereabouts Filings which are due December 31, 2008.

This is a chance for you to empower yourself and to take a stand for clean sport. It's time to go for it. Good Luck!



GETTING THE TRAINING EDGE – INFORM YOURSELF!



The responsibility of competing clean and following the USOC's Anti-Doping Policies is a critical component in your elite training regimen – whether you are an athlete or a support team member – and the more clear, concise information that you have at your disposal, the more comfortable you'll feel with your participation. You're already hearing a lot about the changes coming for 2009. USADA takes great care in creating resources for your reference and in providing you all the details that are important to your success. Get the competitive edge and inform yourself!

In preparation for January 1, 2009, when WADA's new Prohibited Substance List and the International Standards for Testing, TUEs and Laboratories go into effect, we are

preparing updated publications detailing the essential rules that affect you. This includes an updated version of the USOC's Anti-Doping Policies booklet, USADA's Protocol booklet, and other publications designed to help you expertly navigate the process, such as the Guide to Prohibited Substances, the wallet-card version of the Guide, and the Athlete Handbook.

Electronic and hard copy versions will be available to you. Links to the publications will also be available on our website. If you have not received information by either e-mail or regular mail containing these new publications by January 1, and would like to receive copies, please either visit www.usada.org to download PDF versions or contact the USADA Olympic Education office:

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We are proud to help you in your goal to compete clean.

INTERNATIONAL STANDARD FOR TESTING: WHAT THESE CHANGES MEAN TO YOU

There are significant changes in the WADA Code which USADA is required to implement. You will notice changes to how USADA's anti-doping procedures will be carried out, especially regarding whereabouts information. Below is a brief overview of these changes and how they may impact you as an athlete in USADA's Registered Testing Pool (RTP) - formerly called the Out-of-Competition Testing Pool.

Whereabouts Filing and Online Submissions

The name of the process for filing your whereabouts information has changed from Athlete Location Forms (ALF) to Whereabouts Filing.

Additionally, beginning 1st Quarter 2009, your whereabouts information can only be filed through the USADA online system. USADA is eliminating the paper reporting option for submitting a Whereabouts Filing. Requiring online submissions will benefit you in the following ways:

1. Submitting a Whereabouts Filing online will help ensure that you file your whereabouts information properly, rather than forgetting one or two dates in the quarter and, therefore, receiving a Whereabouts Failure (see Whereabouts Failures - Missed Tests & Filing Failures)
2. As WADA is requiring more information from you, a hard-copy form would be 6-10 pages in length. The online submission of this information decreases the amount of paper needed to properly submit your Whereabouts Filing.

The new deadlines for submitting your Whereabouts Filing will be:

1st Quarter - December 31

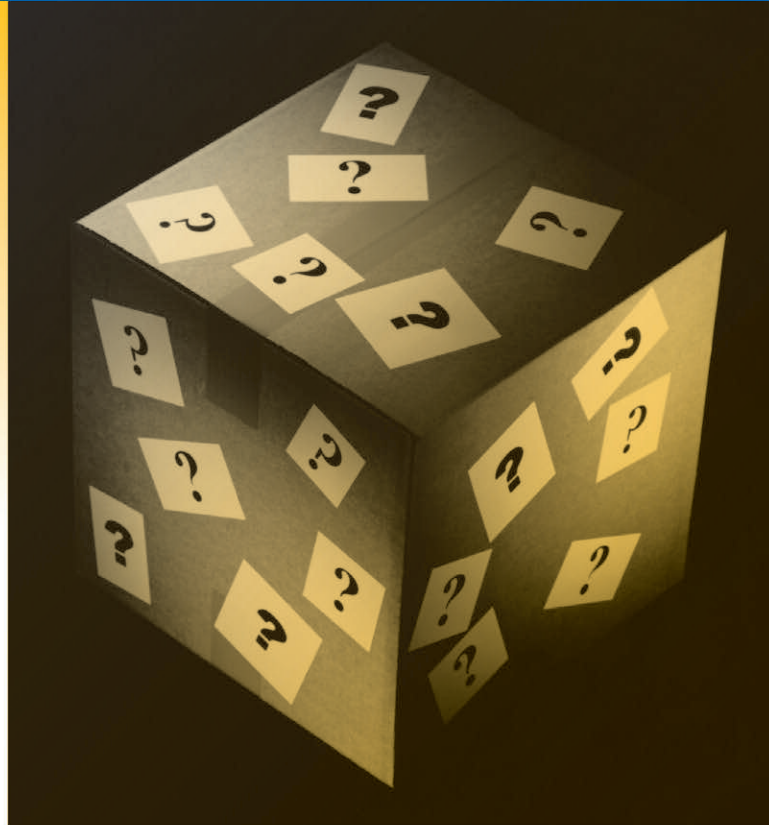
2nd Quarter - March 31

3rd Quarter - June 30

4th Quarter - September 30

With the new deadlines set just one day prior to the start of the new quarter, USADA hopes that athletes will know more of their whereabouts information prior to submission of their Whereabouts Filing. However, any athlete who has not submitted a complete Whereabouts Filing with USADA by the deadline date will be subject to a Filing Failure (see Whereabouts Failures).

Updates to your quarterly whereabouts information may be made through your whereabouts on-line account, by e-mail or text.



If you need to set up an account or need assistance with your username and password, you can call 1-866-601-2632 or e-mail formsadmin@usada.org.

Required Whereabouts Filing Information

Beginning January 1, 2009, the information you provide for your Whereabouts Filing will remain consistent with what you currently provide. Additionally, the new standards require that you specify a 60-minute time-slot, every day, with a specific location and address at which you can be located for testing. This time can vary from day to day, but must fall within the 6AM to 11PM time range. If you are not at the location specified in your Whereabouts Filing during the

60-minute time-slot, and a Doping Control Officer attempts to notify you for Out-of-Competition Testing, it will be pursued as a Missed Test. **You are accountable for being available during the entire 60-minute time-slot.**

The purpose of requiring athletes to provide whereabouts information for a 60-minute time-slot every day is to strike a balance between the need to locate an athlete for testing and the impracticality and unfairness of making athletes potentially accountable for a Missed Test every time they depart from their previously-declared schedule. You must update your Whereabouts Filing to ensure that the information regarding your training, competitions, and regularly scheduled activities and 60-minute time-slot is accurate.

With this change, you have more control over when and where you will be tested. Having to stipulate where you will be during a 60-minute time-slot everyday means that you will have to be diligent about keeping your whereabouts information up-to-date.

It is important to remember that the implementation of the 60-minute time-slot does not mean that you will only be tested within the 60 minutes. USADA or any other Anti-Doping Organization with the authority to test you could test you at any time.

Whereabouts Failures - Filing Failures & Missed Tests

There are three ways you can receive a Whereabouts Failure:

1. You are not at the specified location during the 60-minute time-slot provided in your Whereabouts Filing when the Doping Control Officer attempts to notify and test you – this will be pursued as a Missed Test;
2. you do not file your Whereabouts Filing by the specified deadline – this is known as a Filing Failure; and
3. you do not file accurate or complete information to USADA in your Whereabouts Filing regarding your 60-minute time-slot or any other required whereabouts information– this could be known as a Filing Failure.

Three (3) Whereabouts Failures, which includes any combination of Missed Tests and Filing Failures

recognized by any Anti-Doping Organization that has governance over testing you (including an International Federation, WADA or USADA), in any rolling 18-month period, will result in an Anti-Doping Rule Violation (ADRV). This enhances unity between the different anti-doping organizations within your sport. With this unity, however, it is important to remember that any Missed Test previously received by any Anti-Doping Organization is subject to be shared with other Anti-Doping Organizations with authority to test you.

Phone Calls

Beginning January 1, 2009, the new rules will no longer allow phone calls to be made in an attempt to locate you, as is currently allowable in the United States. Being diligent about being available during your 60-minute time-slot and updating your Whereabouts Filing whenever plans change will be critical to avoiding a Whereabouts Failure.

This new rule will allow Anti-Doping Organizations world-wide to harmonize no-notice testing. Additionally, this new routine will help give you control over these whereabouts obligations, which has not always been the case on a universal basis.

Collection Requirements

Currently, when notified for an In-Competition or Out-of-Competition test, athletes are required to submit 85 mls of urine to process the sample.

After January 1, 2009, the minimum amount of urine needed to process a sample will increase to 90 mls. Additionally, the pH of the sample will no longer be evaluated.

To further assist you in understanding the new requirements and their impact, athletes in USADA's Registered Testing Pool will be required to participate in a mandatory online tutorial – USADA's Athlete's Advantage (explained on page 3). In addition, you can also expect to see athlete education regarding these changes, including:

1. USADA face-to-face presentations to National Governing Bodies (NGBs) and their athletes;
2. e-mail messages and electronic USADAlerts to all athletes in USADA's RTP and NGBs;
3. webinars;

4. a packet mailing in December 2008 highlighting changes for 2009; and
5. updated information on USADA's website: www.usada.org.

Change can be daunting, but in the end, these new measures will streamline the current processes, and make things easier for you, the athlete. It is important to remember that these changes are being implemented with athletes worldwide and will help to harmonize anti-doping efforts around the globe.

If you have any questions, please contact Kelli Feltmann, USADA Olympic Education Manager, at 719-785-2023 or via e-mail at kfeltmann@usada.org.



INTERNATIONAL STANDARD FOR TUE: WHAT THESE CHANGES MEAN TO YOU

Like anyone, athletes may have illnesses or conditions that require them to take particular medications. In some cases, these medications may fall under the Prohibited List. If so, a Therapeutic Use Exemption (TUE) may give the athlete authorization to take the needed medication while participating in sport.

Coming with the International Standards of Therapeutic Use Exemptions (ISTUE) revisions in 2009, there will be key differences of which athletes need to be aware. Below, we have provided a summary of these changes and also listed helpful TUE resources. It will also be necessary to check with the appropriate International Federation (IF) as to how they are handling the changes, especially in cases where the IF is responsible for granting the TUE.

First, how does an athlete know whether a medication is safe to take...

Drug Reference Resources: When considering taking a pharmaceutical medication, athletes need to know whether the product is prohibited or permitted. USADA provides four helpful ways to determine if a substance is permitted or not:

- **Drug Reference Online (DRO):** www.usada.org/DRO is a valuable resource with a comprehensive search function, by name of medication -- whether by brand name or generic -- to determine its status.
- **Drug Reference Line (DRL):** Allowing athletes to call in and receive expert advice on the status of a medication, this toll-free number (800-233-0393) is operated Monday-Friday 9AM-4PM Mountain Standard Time.
- **Guide to Prohibited Substances and Prohibited Methods of Doping:** A comprehensive booklet providing a detailed summary of the WADA annual Prohibited List.
- **Wallet Card:** A portable, condensed version of the Guide, for easy reference on-the-go.

ABBREVIATED TUE

The Abbreviated TUE will no longer be a part of the TUE process. All uses of prohibited medications and substances will require a TUE.

There is a grace period, however: Athletes with a current Abbreviated TUE will have until their Abbreviated TUE expires or December 31, 2009 (whichever occurs first) to re-apply for a TUE. Those athletes who currently have an Abbreviated TUE will receive a letter in the near future elaborating on the necessary steps during this transition period. As mentioned above, it is necessary to consult with the appropriate IF for their specific rules governing Abbreviated TUE transitions.

This applies specifically to two types of substances: beta-2 agonists and glucocorticosteroids.

1. Beta-2 Agonists

The use of inhaled formoterol, salbutamol, salmeterol and terbutaline will require advance declaration on the USADA website, a TUE, and documentation on the "Declaration of Use" section of the Doping Control Official Record at the time of testing. Obtaining a TUE for a beta-2 agonist will require more documentation than previously was needed for an Abbreviated TUE:

- a. a medical file pertaining to the diagnosis and need to use the beta-2 agonists;
- b. a comprehensive report of the clinical examination with specific focus on the respiratory system;
- c. a report of spirometry, known as a Pulmonary Function Test (PFT), with the measure of the Force Expiratory Volume in 1 second (FEV1)
- d. if airway obstruction is present, evidence of the spirometry being repeated after inhalation of a short-acting beta-2 agonist to demonstrate reversibility of bronchoconstriction;
- e. in the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyperresponsiveness; and
- f. exact name, specialty, address (including telephone, email and fax) of examining physician.

A Few Things To Note Regarding Beta-2 Agonists:

- USADA will accept a PFT from as much as 4 years prior to the date of the application.
- It is important to remember that even with a current TUE on file, the presence of Salbutamol over 1,000 ng/mL may constitute an Adverse Analytical Finding.

2. Glucocorticosteroids

Glucocorticosteroids are commonly used to treat inflammation, asthma, and skin rashes. Depending on how the corticosteroid is used will determine if a TUE is required.

- a. **Systemic Administration** - Corticosteroids used by oral, intravenous, inter-muscular or rectal require the submission of a TUE.
- b. **Non-Systemic or Inhalation Administration** - Corticosteroids used by intraarticular, periarticular, peritendinous, epidural, intradermal injections and inhalation will require notation on the "Declaration of Use" section of the Doping Control Official Record when tested, as well as on USADA's website.
- c. **Topical Administration** - Corticosteroids used as eye drops, nose drops, ear drops or iontophoresis are permitted and do not require the submission of a TUE.

SOME THINGS HAVEN'T CHANGED

Where to Send a TUE: As before, USADA is trying to make the TUE process as easy as possible. Depending on the sport, in some instances USADA can authorize the TUE, and in other instances the athlete's IF has to authorize the TUE. Nevertheless, we suggest that all US athletes (regardless of sport) submit their TUEs to USADA - we will forward them on to the appropriate organization for approval, if need be. With this, should there be a question or a delay in a response from an IF, we can easily follow-up and answer any questions an athlete may have.

Granting of A TUE: A TUE may be granted to an athlete if it meets the following conditions:

1. The athlete would experience a significant impairment to health if the use of the Prohibited Substance or Prohibited Method were to be withheld;
2. The therapeutic use of the Prohibited Substance or Prohibited Method would not provide an enhancement to performance other than what might be anticipated by a return to a state of normal health;
3. There are no reasonable, therapeutic alternatives to the use of the otherwise Prohibited Substance or Prohibited Method; and
4. The need for the Prohibited Substance or Prohibited Method is not a consequence to the prior non-therapeutic use of another prohibited substance or method.

Once a TUE is granted or denied, a letter and/or a certificate is issued to the athlete with a copy sent to the athlete's National Governing Body, IF and WADA as appropriate. The decision of the TUE is recorded by USADA. If a TUE request is denied, an athlete has the right to appeal the decision.

TUEs and Sport: It is important to remember that anti-doping rules only govern conditions under which sport is played. The approval or denial of a TUE only pertains to the use of the medication in sport. USADA does not provide medical advice on the direction of an athlete's care. Any decision to stop or start a treatment should be made in consultation with the athlete's physician.

For any questions regarding the International Standard for TUEs, please contact USADA's TUE Department, at 719-785-2045 or via email at tue@usada.org.

Please note that this message only highlights some of the changes in the International Standard for TUE and is not intended to be a detailed summary of the changes.

CHANGES TO THE PROHIBITED LIST...EFFECTIVE JANUARY 1, 2009

The World Anti-Doping Agency (WADA) has published the 2009 Prohibited List, which goes into effect January 1, 2009. Below is a summary of the pertinent changes. For a full copy of the list, please visit the WADA website at www.wada-ama.org.

As an introduction to the 2009 Prohibited List changes, it is important to note that as of January 1, 2009, most Prohibited Substances shall be considered "Specified Substances."

These changes provide greater flexibility with respect to sanctions. When an athlete can establish that the substance involved in the adverse analytical finding was not intended to enhance performance, the sanction may be reduced.

Those substances remaining as Non-Specified Substances include:

- Anabolic agents
- Hormones and related substances
- Agents modifying myostatin function
- Those stimulants classified as "Non-Specified"

Other notable changes include:

Substances and Methods prohibited at All Times (In- and Out-of-Competition)

S1. Anabolic Agents

Epitestosterone has been reclassified as an Anabolic Androgenic steroid since it is an isomer of testosterone. With this change, epitestosterone will maintain its status as a prohibited substance.

S3. Beta-2 Agonists

The Abbreviated Therapeutic Use Exemption that previously applied to salbutamol, salmeterol, terbutaline and formoterol has been eliminated. The procedure for the use of any beta-2 agonist now depends on the level of the athlete, according to the International Standard for Therapeutic Use Exemptions (see page 6). Albuterol (salbutamol) concentrations greater than 1000 ng/mL in the urine will result in an adverse analytical finding unless the athlete can prove that the abnormal result was the consequence of the use of a therapeutic dose of inhaled salbutamol. Any request for a TUE must be filed 21 days in advance of the use of the medication under the rules of sport that apply.

Alpha-reductase inhibitors, such as finasteride and dutasteride, are no longer prohibited. They have been rendered ineffective as masking agents by newer techniques to analyze steroid profiles.

S5. Diuretics and Other Masking Agents

Alpha-reductase inhibitors, such as finasteride and dutasteride, are no longer prohibited. They have been rendered ineffective as masking agents by newer techniques to analyze steroid profiles.

M2. Chemical and Physical Manipulation

The use of intravenous (IV) infusions continues to be prohibited and thus requires a TUE, except in the management of surgical procedures, medical emergencies or clinical investigations.

An intravenous infusion is defined as the delivery of fluids into the body through a vein using a needle or similar device. Injections with a syringe are not prohibited as a method, if:

- a. The injected substance is not prohibited, and
- b. If the volume does not exceed 50 mL.

S6. Stimulants

Stimulants are now separated into two categories: Specified and Non-Specified Stimulants. When deciding how to categorize stimulants, WADA took into account many factors including the ability to enhance performance, the risk to health of

athletes, the general use in medications, and their legal or controlled status.

S9. Glucocorticosteroids

Glucocorticosteroids continue to be separated into three categories:

- a. For oral, intravenous, intramuscular, and rectal routes - a Therapeutic Use Exemption is required.
- b. For intra-articular, periarticular, peritendinous, epidural, intradermal, and inhalation routes - a Declaration of Use is required.
- c. Topical preparations for treatment of ear, mouth, skin, eye, and nose conditions - are permitted and require no further documentation. Iontophoresis and phonophoresis are permitted and require no additional documentation.

Substances Prohibited in Particular Sports

P1. Alcohol

The doping violation threshold for blood and breath alcohol has been harmonized for all International Federations to 0.1 g/L.

The International Federation for Quilleurs (FIQ) has added alcohol to the list of substances prohibited In-Competition for Ninepin bowling and WADA added Tenpin bowling to the list of sports that prohibit alcohol In-Competition.

P2. Beta-Blockers

The International Golf Federation has added beta-blockers to the list of substances prohibited In-Competition.

Tenpin Bowling has been included under this section since this discipline is also part of FIQ.

IMPORTANT POINTS TO REMEMBER

1. Beta-2 agonists are prohibited both In- and Out-of-Competition. Salbutamol, salmeterol, formoterol and terbutaline require a Therapeutic Use Exemption (TUE). Procedures for the use of a beta-2 agonist depend on the level of the athlete.
2. IV infusions are prohibited In- and Out-of-Competition with exceptions.
3. The use of Glucocorticosteroids by inhalation or local injection requires a declaration on the Doping Control Official Record and medical documentation.

4. Glucocorticosteroids used as dermal (topical, iontophoresis, phonophoresis), eye drops, ear drops, nasal sprays and mouth (buccal) treatments are permitted and do not require a TUE.
5. Use of pure oxygen is prohibited.
6. The substances listed in the 2009 Monitoring List are not prohibited and their presence in the body will not result in a doping violation. Pseudoephedrine and caffeine are both on the monitoring list.

The 2009 Wallet Card and 2009 Guide to Prohibited Substances and Methods of Doping will be made available to all athletes in USADA's RTP and will be provided to all National Governing

Bodies. Copies of these publications, which will be effective January 1, 2009, will be available for download from USADA's website. The current Wallet Card and Prohibited Guide can be found at:

Wallet Card:

www.usada.org/go/walletcard

Guide to Prohibited Substances:

www.usada.org/go/prohibitedguide

For more information, please contact the Therapeutic Use Exemption department at 719-785-2045 or via e-mail at TUE@usada.org.

VICTORIOUS ACHIEVEMENTS

"My Victory, I compete clean," USADA's third clean sport campaign, has taken off and spread among the athlete and clean sport community. Seeking to celebrate the vast number of clean competitors, My Victory continues to aim for increased awareness among the athletic community about the dangers of doping and the rewards of competing clean.

Through a wide variety of resources and tools, My Victory shares the message of clean sport, with more than ten million impressions already reaching wide audiences. From the My Victory website and the Pledge, to video downloads through YouTube, to print material and news coverage, My Victory looks to keep growing and head strong into the New Year.

The Pledge

Featured on the My Victory website, the Pledge is one of the resources that empowers athletes to voice their support of clean sport and competition. Since the creation of the Pledge this last summer, hundreds of athletes and other clean sport supporters have logged on and taken the pledge for themselves. Currently, almost 40% of pledgers are Registered Testing Pool athletes. Thank you for taking a stand for clean sport, and keep up the great work!

Clean Sport Success

2008 was a rewarding year for My Victory campaign athletes. Although the twelve athletes participating in the campaign hail from a wide range of sports and disciplines, they are all proud supporters of true sport, not only by spreading the clean sport message but also by competing clean. Here are just a few of the many recent victories:

Bryan Clay- Track and Field



Competing in his second Olympic Games, Bryan Clay was faced with the daunting task of being the overall top athlete

My Victory
I compete clean.

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Click to Play Promo Video

My Victory

MY HEALTH. MY SPORT. MY VICTORY.
...I COMPETE CLEAN!

My Victory is a USADA initiative in the fight to preserve clean sport. Twelve athletes, who are leaders in the sports of Cycling, Swimming and Track & Field, have already joined USADA in this campaign.

The name **My Victory** symbolizes the ideal that all athletes fully dedicate themselves and make sacrifices for the love of their sport to reach the pinnacle of success, which is personal achievement through honest effort and ability, and without performance-enhancing drugs. **My Victory** is an ongoing effort by USADA to revitalize the true purpose of athletic competition, and celebrates all athletes striving to achieve their own victories, whether that means placing first, third, fifth, tenth...or simply setting a personal best. These twelve athletes have pledged to formally uphold this commitment to clean sport. USADA is encouraging all athletes to [make this same pledge](#).

What about you? You've worked hard, sacrificed, and dedicated yourself to your sport and the spirit of competition. You're a champion who understands the significance of leaving a legacy and being responsible for the dignity and respect of your sport. Aren't you willing to take a pledge for your Victory?!

TAKE THE PLEDGE!

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in the decathlon's ten Track and Field events. During the 2004 Athens Olympic Games, Bryan captured the Silver Medal; this time he was going for the Gold. After two days of grueling and intense competition, Bryan achieved his goal and won the Olympic Gold Medal, beating his nearest opponent by over 240 points. Congratulations, Bryan!

Kristin Armstrong- Cycling



Heading into the Beijing Games as the 2007 U.S. National Women's Time Trial Cham-

pion and the 2007 World Championship Silver medalist, Kristin Armstrong knew she had her work cut out for her if she wanted to win Gold. In the end, all of Kristin's hard work and dedication paid off as she finished the Women's Time Trial with a time of 34'51, winning the Gold medal. Great work, Kristin!

Natalie Coughlin- Swimming



Returning for her second Olympic Games, Natalie Coughlin aimed to add to her five medals from the 2004 Athens Games. She did just that in Beijing.

Returning for her second Olympic Games, Natalie Coughlin aimed to add to her

Capturing one Gold Medal, two Silver Medals, and three Bronze Medals, Natalie became the first American female athlete to win six medals in one Olympics! Way to go, Natalie!

Jeremiah Bishop- Cycling



Twelve-time USA Cycling National Team member, Jeremiah Bishop has won

numerous national titles and finished eighth place at the 2006 World Championships—the highest placing of any U.S. male at the Championships in over 12 years. This past summer, Jeremiah added to his long list of achievements by seizing the 2008 USA National Championship titles for both the Short Track Cross Country and Marathon Mountain Bike events. Outstanding work, Jeremiah!

And of course, who can forget Michael Phelps's unprecedented eight Gold Medals in Beijing, Dara Torres' Silver Medal wins at the age of 41, and the fierce competition of Allyson Felix, Tyson Gay, Sarah Hammer, Christine Thorburn, Dee Dee Trotter, and Lauryn Williams! To USADA's My Victory athletes—thank you for an outstanding year and keep up the great work. We are proud of you!

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