

USADA ATHLETE AMBASSADOR: JEREMIAH BISHOP



Peace of Mind Comes with a Level Playing Field

The majority of the mountain bike racing season has concluded, and I was privileged to represent the United States at the Pan American Games. As I placed a USADA out-of-competition testing program negative sample results notice in my file cabinet, I thought of the amazing collaboration between athletes, NGBs, coaches and scientists that make the level playing field we are privileged to have.

For sure, I wouldn't rank updating my whereabouts as my most enjoyed leisure activity but, hey, it's a lot easier than racing a no-holds-barred, anything-goes race against super dopers. Racing at a global elite level is tough enough already! Against a field of dopers, I can only imagine how tiring and frustrating getting lapped and placing 40th (last) at the Olympic Test Event would have been compared to my actual 4th place result. There'd be no fun – or reward for all my hard work and training – in that type of competition.

It is a relaxing feeling to train right, eat right, and check my medications using Global DRO and have no manila file folder for a possible positive test! Having just a folder for negatives shows my confidence in a system that works and rewards athletes who train hard and contribute to their sport. Peace of mind, as they say, is priceless.

USADA makes it easier than ever before with text updates and reminder emails, like the one I got a few weeks ago when my insane fall racing and traveling schedule had me cutting it close to the submission deadline for my whereabouts. More resources are now available to help athletes stay up-to-date like the video version of the athlete tutorials and smart phone access.

At the bottom of every sample results letter it says “we appreciate your cooperation and support of the United States Anti-Doping Agency's efforts to ensure a drug-free playing field for all athletes.” I think it could also say, “your fellow athletes appreciate your contribution in doing it the right way.” The little effort makes a big difference.

Collaboration and working toward common goals are the keys to the TEAM effort between USA athletes and USADA. These partnerships have become a global benchmark in the fight against doping. I compete with confidence that the system in place ensures fair and just competition for me and for other athletes.

Jeremiah Bishop is a USADA Athlete Ambassador who placed third at the XVI Pan American Games in the Men's Cross Country Mountain Bike.

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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WE WOULD LIKE TO HEAR FROM YOU!

Tell us what you think about the Spirit of Sport Newsletter. Go to www.usada.org/survey or click [HERE](#) to provide feedback about this publication.

Lending a Helping Hand

This past August, ten members of the USADA staff laced up their workboots and put on their game faces to assist Pikes Peak Habitat for Humanity (PPHFH) in building the framework for a new home. On a hot afternoon, the USADA team enjoyed the challenges and rewards of a day spent on a construction site. After several hours of sawing, hammering, sanding and lifting, the USADA team wiped the sweat from their brows and looked proudly upon the tangible work they had accomplished on the newest house in the Woodmen Vistas neighborhood of Northeast Colorado Springs.

Pikes Peak Habitat for Humanity affords low-income, first-time homebuyers in El Paso County the chance to own an affordable place to live. In order to qualify for this project, prospective homebuyers have to put in 350-450 hours of sweat equity into building their home, participate in workshops aimed at homeowner education and attend credit counseling sessions. Many of the 37 homes built to-date in the Woodmen Vistas neighborhood are Energy Star Certified, which provide a significant savings in future energy bills and are close to many family friendly amenities. These homes serve families who make less than 50% of the median income for the area and would likely be unable to afford decent housing without Habitat's help. When the homes

are completed, these homeowners receive zero-interest mortgages and their mortgage payments go into a fund to help Habitat build more homes. Ultimately, volunteers like the USADA team help to build 90 percent of the simple and affordable homes, but this truly is a project that could not be done without the caring hearts and can-do attitudes of an entire community of people.



The USADA team's project should be completed soon for the neighborhood's newest homeowner, Marsha. USADA thanks PPHFH for letting us lend a helping hand and cannot wait to partner with this fantastic non-profit organization again on future projects. If you are interested in volunteering yourself, be sure to check out Habitat's website at www.pikespeakhabitat.org for more information



Left: Johncie Wingard (Paralegal), Theresa Reynolds (Testing Resources Manager) and Linda Barnes (Legal Coordinator) hard at work building a wall for Marsha's new home.

Below: Charlie Harless (Doping Control Relations Lead), Lisa McCumber (Testing Results Manager), and Annie Skinner (Media Relations Manager) tackle their Habitat for Humanity project.



Introducing Athlete Express

Need to reset your username or password? Have questions about medications or Therapeutic Use Exemptions (TUEs)? Not sure if you are in the International Testing Pool or National Testing Pool? Can't remember your USADA sport contact? Need help now? Contact USADA's Athlete Express!

USADA has made it easier for Registered Testing Pool (RTP) athletes and their athlete support personnel to contact USADA for immediate assistance. Athlete Express provides information over the phone and email support regarding whereabouts, drug testing, website/Athlete's Advantage tutorial, TUEs, prohibited substances, and medications. The former Drug Reference Line (DRL) is now incorporated within the Athlete Express service.

This creates a "one stop shop" for athletes – promptly addressing the wide range of questions and concerns athletes often encounter. Athlete Express also brings enhancements to the Athlete website by helping athletes access their username information, retrieve or reset passwords, and unlock accounts on their own.

Athletes may reach Athlete Express by dialing 719-785-2000 or Toll-Free 866-601-2632, or by email at athleteexpress@usada.org. The service is available business days from 8a.m. to 5p.m. Mountain Standard Time. Outside of business hours, the phone system provides helpful messages to assist callers resolve issues, or the option to leave a message. Athletes will begin to see important notices and alerts arriving from the Athlete Express e-mail address including quarterly Registered Testing Pool notifications and Athlete Alerts.

Internally, USADA's Sportfolio team, Olympic Education team, and Drug Reference Department are working together to support RTP athletes and athlete support personnel by managing Athlete

Express. Individually, these teams are dedicated to serving a variety of USADA functions. Sportfolio is made up of a team of sport coordinators who are the primary contacts for Olympic, Paralympic, and Pan American athletes and National Governing Bodies (NGBs). The Olympic Education team is made of the friendly faces you often see at USADA education presentations and are the individuals who develop the helpful education materials and resources. The Drug Reference Department is your primary resource for medication, Prohibited List, and TUE-related questions. The collaboration between the three teams offers additional support for athletes and athlete support personnel. The number one goal of the members of the Athlete Express team is to provide immediate assistance and excellent customer service to athletes.

Remember! Quarterly Whereabouts Filings must still be filed through the USADA website. Athletes should continue to submit updates via the online Change Of Plan form, the free mobile application, email to update@usada.org, or text to [text@usada.org](text://text@usada.org).

Say Hello to the Olympic Education Team!

At the forefront of education to elite athletes, the Olympic Education team is committed to enhancing the athlete experience through online education, anti-doping publications, and face-to-face presentations. Consider the team to be the source of anti-doping knowledge to ensure maximum understanding and compliance for those subject to the anti-doping program.

While USADA's Outreach and Communications department educates a broader audience of grassroots-level athletes, coaches, parents, teachers, and community leaders, the Olympic Education team coordinates and conducts education to athletes in the USADA Registered Testing Pool (RTP) in effort to support them in learning about policies, procedures, and their rights and responsibilities with respect to doping control.

Mellissa Lewis, the Olympic Education Coordinator, works closely with National Governing Bodies (NGBs) to identify the best opportunities to provide education to elite athletes; develops and edits the USADA Spirit of Sport newsletter which features anti-doping related articles and is printed several times a year; and manages the creation of the education publications which includes the Wallet Card, Athlete Handbook, and Pocket Guide. Mellissa has worked at USADA for a year and a half and is described by many as driven, passionate, and creative.

As Olympic Education Program Lead, LaDonna Reed serves as a lead project manager on various education projects including: Athlete's Advantage, the online mandatory educational tutorial for RTP athletes; designing and purchasing useful, convenient, and fun promotional items to distribute to knowledgeable participants who attend education sessions; and developing the first bilingual document, the Manuel Para Deportistas, also known as the Spanish-version of the Athlete Handbook. LaDonna has worked at USADA for nine and a half years and is described by many as hardworking, outgoing, and enthusiastic about the Olympic movement.

The final member of the team is Jennifer Dodd, Olympic Education Manager, who leads all components of Olympic Education operations including strategic planning, development, organization, and implementation of specific anti-doping education programs. She developed Coach's Advantage, USADA's first online educational tutorial for national team coaches. Jennifer has



From left to right: Jennifer Dodd, Mellissa Lewis, and LaDonna Reed

worked at USADA for three years and is described by many as compassionate, team-oriented, and a fun, strong leader.

The Olympic Education team works diligently to provide excellent service to athletes, coaches, athlete support and other constituents. Through

formal face-to-face presentations, webinars, and informal "Dining Hall Chats" near the dining hall of Olympic Training Centers the team is committed to conveying a simplified, functional message to ensure that compliance and understanding is achieved amongst elite athletes.

Olympic Education Initiatives

Pan American Games - USADA's Olympic Education Manager, Jennifer Dodd attended the 16th annual Pan American Games in Guadalajara, Mexico October 14-26th. Working in conjunction with the World Anti-Doping Agency (WADA) Dodd helped to educate numerous athletes, coaches, and parents during the period of the games. Prior to competition, the Olympic Education Team hosted several Pan Am Webinars, Educational Presentations, and attended Team Processing where they provided Pan Am specific handouts.

Continued on page 4



PAN-AMERICAN SPORT ORGANIZATION (PASO)
Anti-Doping Rules Summary

GENERAL

- The Pan American Sport Organization (PASO) has authority for doping control for the Pan American Games.
- PASO is solely responsible for testing during the period of the games which is the date of the opening of the Athlete Village through October 30, 2011.

TESTING

- Athletes participating in the games can be tested for blood, urine, or both at any time and any location during the period of the games.
- Athletes will be tested for substances and methods included on the WADA 2011 Prohibited List that are prohibited in- and out-of-competition, as well as substances prohibited in particular sports.
- If an athlete is unavailable for testing on three attempts during the period of the games, the athlete shall be considered to have committed an Anti-Doping Rule Violation.

For questions, please contact the USADA Emergency phone line at (719) 433-6495 or toll-free at (866-) 601-2632. The USADA Emergency phone line will only be in operation during the period of the games (October 14-30, 2011).

For more in-depth information about the 2011 Pan American Games, visit www.usada.org/athletes.

U.S. Anti-Doping Agency (USADA) Resources
To check the status of medications: Global Drug Reference Online at www.GlobalDRO.com

Updates: Whereabouts Fillings via:
E-mail: updates@usada.org / Text: <text@usada.org>
Online: www.usada.org/athletes / Mobile application for smartphones: www.usada.org/m

Olympic Education Initiatives *(Continued)*

London 2012 Education- With London less than a year away, the Olympic Education Team started education initiatives for London-bound athletes. Athletes who are members of the Olympic Ambassador Program received a “passport” document reminding athletes to touch base with USADA before leaving for the Olympic and Paralympic Games.

Dining Hall Chats- Jennifer Dodd hosts a Dining Hall Chat at the Colorado Springs Olympic Training Center. Each month at least one team member sets up a booth in Colorado Springs where athletes can stop by for help filing their whereabouts, get answers to their questions, or grab the latest educational publications. The team visits Chula Vista and Lake Placid quarterly.



Formal Presentations- As a primary objective for Olympic Education, presentations occur throughout the year for various sports. The 45 minute presentation covers everything an athlete, coach, or athlete support needs to know as it relates to anti-doping including Athlete Rights and Responsibilities, whereabouts, TUEs, the testing process and more. Request a presentation by emailing Olympic Education Coordinator, Mellissa Lewis at mlewis@usada.org.

Innsbruck Youth Olympic Games- USADA is excited to bring the educational resources about drug testing to our youth representing the U.S. at the first Winter Youth Games. The Games represent the Olympic values of Excellence, Respect and Friendship.



Athlete's Advantage™ Tutorial

The annual Athlete's Advantage tutorial™ is a key foundation for all athletes to be educated on the process of anti-doping. As part of the United States Olympic Committee (USOC) Anti-Doping Policy, athletes are required to complete the tutorial.

This year there are two separate tutorials: new and returning. Athletes new to the Registered Testing Pool (RTP) complete an in depth tutorial which covers the Prohibited List, Sample Collection Process, Whereabouts Filings, and the Therapeutic Use Exemption (TUE) process.

Each video-lesson is followed by a quiz that requires athletes to score 100%.

Athletes returning to the RTP have a solid understanding of the anti-doping rules and complete a refresher-tutorial on topics including the Prohibited List, Sample Collection Process, Whereabouts Filings, and the TUE process.

As a reminder, Athlete's Advantage™ must be completed before the Q1 2012 Whereabouts Filings can be submitted. Keep in mind, the end of the year is typically filled with holiday travels, so don't wait to complete it!

Athlete's Advantage™
USADA

The 2012 WADA Prohibited List *Is Now Available*

With 2012 just around the corner, WADA has recently published the updated Prohibited List. There are a few changes to the 2012 Prohibited List that individuals should note. For those who use inhaled formoterol (for example Symbicort) to treat asthma, you will be pleased to know that formoterol will not be prohibited in 2012 as long as it is used in dosages less than 36 micrograms in a 24 hour period. This means that the most common asthma treatments (inhaled formoterol, salmeterol, albuterol and glucocorticosteroids) are not prohibited. Keep in mind that albuterol and formoterol are “threshold substances.” What is a threshold substance? A threshold substance is a substance that is fine to use without a Therapeutic Use Exemption (TUE) under a certain amount. If you need to use higher dosages you will need to apply for a TUE. If you are using any threshold substance and you also need to use a diuretic, you must have a TUE for both substances even if you are using the threshold substance in the permitted dosage range. If you need help determining whether or not you need a TUE, call the Drug Reference Department for help, or you can search www.globaldro.com for information about the status of your medications. Keep in mind, medical information received by the Drug Reference Department remains confidential.

A few sports have changed whether or not alcohol and beta-blockers are prohibited. Check the 2012 Prohibited List to determine if alcohol or beta-blockers are prohibited in your sport.

Keep in mind there are many commonly used medications that are prohibited and require a TUE for use in sport. Some examples include: insulin, attention deficit medications (ADD), narcolepsy medications, and glucocorticosteroids if they are injected into the muscle or taken by mouth. If you need to use a substance prohibited in sport you should apply for a Therapeutic Use Exemption. For more information visit www.usada.org/tue.

There is always confusion about IV infusions. IV infusions are always prohibited unless they take place in a hospital. In general, WADA does not view IV infusions as the preferred treatment for mild dehydration. If your treating physician

determines that an IV is necessary for your health, all of the circumstances surrounding the need for the IV should be documented and you should submit an emergency TUE as soon as possible.

Whether you are an athlete, coach, trainer, NGB, parent, or play some role in the Olympic movement, you should become familiar with the changes to the 2012 Prohibited List. As USADA plays a pertinent role to help educate individuals on the doping control process, we have compiled a guide to help you walk through some of the major changes to the 2012 Prohibited List. To access the athlete guide to the prohibited list go to www.usada.org/prohibited-list



2012 Prohibited List **FAQs**

Why is it important for me to understand the Prohibited List?

It is critical that you understand the current Prohibited List whether you are an athlete, coach, NGB, or parent. Some medications and methods are prohibited and it is necessary that you know what substances are safe to take.

Where can I find the 2012 Prohibited List?

The Prohibited List is available at www.usada.org/substances

How do I know if my medication is prohibited in sport?

You can check the status of your medication/s by visiting www.GlobalDRO.com, or by calling Athlete Express and selecting the Drug Reference Department.

How do I know if I need a TUE?

Depending on the level that you are competing at you may or may not need a TUE. Visit www.USADA.org/tue to determine if your level requires a TUE.

Who Said it...?

“To me, true sport means clean fair sport, my training vs. your training, my hard work vs. yours, my skill vs. yours, I don’t want medals earned in a chemistry lab.”

USADA's Gold Standard Testing Program

Ever wonder how a USADA Doping Control Officer (DCO) ends up at your training practice, doorstep or some other location you may have listed on your whereabouts? One of the most important aspects of drug testing is how an out-of-competition test is created and assigned at USADA before it is executed by a DCO in the field. In order to ensure the validity of an out-of-competition test, there is no advance notice to the athlete.

Each quarter, athletes in USADA's Registered Testing Pool (RTP) are required to submit a Whereabouts Filing which provides residences, training locations, competitions and any regular scheduled activities. This information provided by the athlete is the main source for assigning a test and determining when and where an athlete will or can be tested. Clearly, it is critical and required that athletes provide timely and accurate Whereabouts Filings.

Once an athlete's whereabouts is received and is stored in the USADA secure database, the testing team reviews the information and offers the testing assignment to a designated DCO who is a remote USADA employee. The testing team takes into account athlete locations, DCO locations, and upcoming events prior to appointing a DCO

to carry out the attempt. Continuous communication between the testing team and DCOs is extremely important and essential to ensuring athletes are tested on time and proper USADA protocol is followed.

USADA has a number of DCOs throughout the country that complete all out-of-competition testing. All DCOs are trained in processing and collecting urine samples and a few are also qualified to collect blood. DCOs work closely with the USADA testing team in order to make the most accurate attempt on an athlete based on athlete Whereabouts Filings. While internal staff is responsible for the front end of gathering intelligence, creating the test, and assigning the test to a DCO, the actual collecting of a sample is carried out by the DCO.

When athletes file their whereabouts on time and provide all the necessary information it allows USADA to move efficiently through the testing process and complete successful attempts. Clean sport is truly a team effort and the cooperation between USADA and athletes is vital in the success of carrying out successful doping control tests and ultimately ensuring a level playing field for all clean athletes.

Tips on Filing Accurate Whereabouts:

1. File your whereabouts on-time!
2. Include your regular scheduled activities
3. Update USADA if your schedule changes from what you originally submitted on your whereabouts

The screenshot shows the USADA website interface. At the top, there is a navigation bar with links for 'About', 'Testing', 'Substances', 'Science', 'Outreach', 'Media', 'Resources', and 'Athletes'. Below this is a search bar and a 'Share' button. The main content area features a large banner for 'Guadalajara 2011 Pan American & Parapan American Games Anti-Doping Information'. To the left of the banner is a sidebar menu with links for 'Athletes', 'Pan & Parapan American Games Information', 'Testing', 'Whereabouts', 'Therapeutic Use Exemptions', 'Results', 'Retirement', 'Event Preparation Checklist', 'Drug Reference Line', 'Global DRO', 'Athlete Pocket Guide', 'Athlete Handbook', and 'USOC Athlete Ombudsman'. Below the banner are four smaller boxes: 'Testing and Sample Collection', 'Whereabouts Responsibilities', 'Therapeutic Use Exemptions (TUE)', and 'Results Management'.

The screenshot shows the 'WHEREABOUTS FILING' form on the USADA website. The form is titled 'WHEREABOUTS FILING' and includes a 'VIEW SAMPLE FORM' button. Below this is a checkbox: 'Check this box if you do not have any information to enter.' There is a 'CLEAR' button. The form is divided into sections: 'Facility*', 'Address', and 'Daily Schedule*'. The 'Facility*' section asks for the full name of the facility and includes a note: 'NOTE: If you are going to list a location such as "Roads of Boulder", please list the location where you begin and end.' The 'Address' section asks for the address of the facility and includes a note: 'NOTE: Be as specific as possible when providing address information. For address in the United States, provide the Street, City and State. For address in another country, select the country and provide the address.' The 'Address' section is split into 'United States Address' and 'Non U.S. Address'. The 'United States Address' section includes fields for 'Street*', 'City*', 'State*' (with a dropdown menu), and 'Zip Code'. The 'Non U.S. Address' section includes a dropdown for '- Select a Country -', an 'Address' field, and four lines for 'Line 1:*', 'Line 2:', 'Line 3:', and 'Line 4:'.

Answer to "Who Said It?..."
(from page 5)

- Augusto Perez, USADA Athlete
Ambassador (2006, 2010 Paralympic
Winter Games Team Member & 2008
USA Curling Male Athlete of the Year).

Meet USADA's Newest Team Members

USADA is dedicated to preserving the integrity of competition, inspiring true sport, and protecting the rights of clean U.S. Athletes. We work very hard to ensure a top notch staff is set in place to carry out our mission. Helping athletes is the primary concern for USADA whether it is helping reset a username or password so they can complete the Athletes Advantage™ tutorial, walking through the steps of the TUE process, or a phone call reminding athletes to submit whereabouts by the deadline. Whatever the department, all of USADA staff remain dedicated to ensuring a level playing field for all clean athletes. Meet the latest team members to join the USADA staff!

MICHELLE RODEMER Shelly is the new Drug Reference Department Lead who comes to USADA after five years with the State of Colorado where she worked for two District Court Judges in Criminal, Civil Litigation, and Dependency and Neglect Cases. Shelly is excited to learn the



ropes of the anti-doping world and chose USADA because "it is an organization that protects the rights of athletes and truly cares and encourages athletes to compete fairly." A Colorado native, Shelly grew up in Broomfield and enjoys yoga and spinning classes.

Finish the sentence... *the last time I:*

Had a good meal... was eating endless amounts of food on a cruise to Bermuda
Saw a good movie, what was it? "The Help"...very moving
Trip I made...cruise to Bermuda
Item I forgot to pack...flip flops on the cruise!
Was late, what was it for? wedding cocktail party
Something no one knows about you? I am a triplet!

MATTHEW FEDORUK Ph.D. Matt is the new Science Director at USADA. Matt comes to USADA from the Canadian Centre for Ethics in Sport (CCES) where he was the Operations Manager for Anti-Doping. Matt is most excited about the new opportunity for



research in his new position. "Science and research are a huge focus at USADA and USADA is a leader world-wide in promoting anti-doping science," he said. While he has only been in town for a few weeks, this Vancouver native is looking forward to the Colorado outdoor lifestyle and excited to start trail running and teaching his 2 year old daughter to ski.

Finish the sentence... *the last time I:*

Had a good meal...
 I had Friday night pizza with my family
Saw a good movie, what was it?
 "Unknown" with Liam Neeson & January Jones
Trip I made...to London, UK
Item I forgot to pack...razor
Was late, what was it for? A meeting!
What is something that nobody knows you're good at? carpentry and home renovations

CHRISTINA ZARNDT Christina joins USADA from Caesars Entertainment where she worked as a direct marketing coordinator proofing and organizing loyalty campaigns for the Southern Nevada region and built special events and loyalty campaign e-blasts. Christina enjoys



the challenges of her new job and is excited to be involved in the Olympic movement. She said, "I always wanted to be a part of it in some way." Growing up in Helena, Mont. she is excited about the skiing and the outdoor activities Colorado has to offer. "Colorado seems a lot like Montana but with a bit more civilization so I am excited to call Colorado my new home," she says.

Finish the sentence... *the last time I:*

Had a good meal...When I was back home in Montana. My step-dad is a fabulous cook.
Saw a good movie, what was it?
 "Dirty Pretty Things"
Trip I made...I just went to Las Vegas
Item I forgot to pack...My cell phone charger
Was late, what was it for? I missed my flight home from Las Vegas because President Obama was leaving at the same time and shut down traffic around the airport.

SEAN LANGE Sean returns to Colorado as USADA's Database Administrator after serving as the Database Administrator for Joint Special Operations Command at Ft. Bragg in North Carolina. Sean, who grew up in Colorado and attended University of Colorado at Colorado Springs is excited to



return home and get outside to rock climb, fish, hunt and camp. Lange enjoys spending time with his fiancé and family. When he is not outdoors, Sean likes to cook. Finish the sentence... *the last time I:*

Had a good meal...
 Dinner at Lone Star steak house
Saw a good movie, what was it?
 I'm not sure how good it is, but "Real Steel"
Trip I made...Moving from North Carolina to Colorado
Item I forgot to pack...Nothing, I brought it all back with me in the back of the truck
Was late, what was it for? Was to pick up my fiancé's son from school.

LANI HAWES Lani worked at USADA for one year as the Operations Administrator before landing her new role as Sportfolio Coordinator. Before moving to Colorado, Lani was based in Destin, Fla. where she worked for the United States Air Force and handled Intel responsibilities. Outside



of work Lani enjoys spending time with her son Hunter.

Finish the sentence... *the last time I:*

Had a good meal... A recent lunch at B.J.'s Brewery
Saw a good movie, what was it?
 "Insidious"
Trip I made...I went to Kansas for a wedding
Item I forgot to pack...hairdryer
Was late, what was it for? An appointment.

Getting to know... Elexis Gillette and Wes Williams

"I had to figure out a way to live life without being able to see," says Paralympian Elexis Gillette. After earning two silver medals at the 2004 Paralympic Games and setting the new Paralympic world record in the long jump for totally blind athletes this year, Lex, as his friends call him, seems to have found a way. Gillette is one of the fastest sprinters and best long jumpers in Paralympic sport.

After losing his sight due to reoccurring retina detachments and over 10 unsuccessful operations, Lex continued to play sports as he always did, and was eventually introduced to the long jump by a physical education teacher. Noticing his talent despite his visual impairment, the two traveled to a camp in Michigan where Lex would compete against other athletes in various events. In his first jump, Lex jumped just over 15 feet. In his own words, "it just felt like something that I could be good at."

Lex continued to train in track and field while attending East Carolina University but did not run as a college athlete opting instead to train on his own. Following graduation, he moved to Chula Vista, Calif. to become a full time Paralympic resident athlete at the Olympic Training Center where he would meet his current guide runner Wes Williams. The pair formed a remarkable bond which translated to on-the-track success.

Wes races as the guide runner for Lex and the two have constant verbal communication on the track such as when they are entering the curve on the 200 stretch, what place they are in, remaining distance, or when to take off for the long or triple jumps. As the pair continued to have success as a team on the track, they were both added to USADA's Registered Testing Pool for elite level athletes.

Despite his disability as a blind athlete, Lex is still subject to both in-competition and out-of-competition drug testing and while the sample collection procedures can be modified slightly for a disabled athlete, both Lex and Wes are held to the same standards as their Olympic athlete counterparts.

Managing USADA requirements as a blind athlete can be difficult, so Lex relies on the helpful resources that USADA provides to him such as Global Drug Reference Online, where he searches for the status of medications. Lex notes that the biggest contribution USADA has made to his career is the satisfaction that he gets when competing clean. "USADA has allowed me to see that I don't need to contemplate going out there and trying to use performance enhancing drugs or anything illegal to help because I know that it can be done while competing clean. All of the resources that USADA has provided allow me to see that

I don't need the things that will put me in jeopardy to be the athlete I am or aspire to be," he said.

His website (www.lexgillette.com) depicts his philosophy, "there is no need for sight, when you have a vision." Lex Gillette continues to be an inspiring athlete while competing clean, winning medals and setting records the fair and clean way. At USADA, we have our own vision, to be the guardian of the values and life lessons learned through true sport and ensuring a level playing field for athletes such as Elexis Gillette and his guide runner Wes Williams.



Lex and Wes compete at the 2010 U.S. Paralympics Track & Field National Championships in Miramar, Fla.



Call USADA when you believe the integrity of your sport is compromised by doping.

USADA established 1-877-Play Clean (1-877-752-9253) as a direct telephone link for individuals who are concerned about fair competition. When appropriate, USADA will act based on information that can contribute to its mission of eliminating doping in sport. Callers can remain anonymous.



SPIRIT Sport®

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