

# TRUE SPORT



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A publication dedicated to providing timely and accurate information for Olympic, Pan Am, and Paralympic Athletes.

## Carl Swenson- Dual Sport Athlete

### Contents

Carl Swenson

1-2

What's New

2

Quick Hitters

3

Meet the Education Staff

4

Swenson competed in his second Olympic Winter Games in Salt Lake City after debuting at the 1994 Lillehammer Games. An 11-time national cross-country skiing champion (1994-95, 1999, 2003-04), Swenson, 33, is also among the top pro mountain bikers in the United States, and earned a silver medal at the 1999 Pan American Games. He finished fifth in the 50km freestyle event at the 2003 World Cross Country Skiing Championships, which was one of the top performances ever by a U.S. athlete.

### How did you get involved in the Summer/Winter Olympic sport double?

My brother, Pete, was a pro mountain biker before I ever considered racing bikes. He convinced me to give the mountain bike a try as a form of cross-training for cross-country skiing. As soon as I graduated from college back east I moved to Telluride, CO. It would be hard not to become a mountain biker living around all those mountain trails. It took a few years to develop the skills necessary to race as a pro, but the off-setting seasons of ski racing and mountain bike racing made it a natural fit for me. I never set out to be a two sport athlete, it just happened.

**What about competing are you passionate about?** I enjoy the atmosphere surrounding a race. There is a lot of pressure, nerves, and excitement before a competition. The focus of so much of my time is committed to preparing for competition, the race itself is a release of all that. The actual grueling effort of a

competition is very satisfying when all goes well. There is no other experience that provides the kind of payoff for such hard work as competition at the highest level.

**How do you prevent burnout?** I have been asked that question many times, and truthfully, I don't know. I will always enjoy skiing and biking and I know I have only a few

years of racing in me, so I'm happy to race while I can. I think competing in two sports prevents me from dwelling on the frustrating aspects of one sport for very long. I always have the next season and an entirely new environment to look forward to.

**What do you tell young athletes about successfully competing at the Olympic level without doping?** I tell them that clean athletes can compete

successfully against dopers. There will always be some people who cheat, not just in sport but in any competitive situation. I have my own experience as a clean athlete, and I can point to other athletes who I believe are clean in cross-country skiing and mountain biking who have won medals. The anti-doping effort is gaining strength. We can see the positive effects of a well organized, impartial, and determined anti-doping agency. Frankly, I am concerned about situations a young successful athlete may be faced with. If an athlete finds himself in an environment where doping is accepted or endorsed, I would say get yourself out of there, find a new team, a



Drug Reference Resources

1-800-233-0393

or online at:

[www.usantidoping.org](http://www.usantidoping.org)



More with Carl on Page Two.

# CARL SWENSON

new coach, seek out an athlete with a different perspective. An athlete's competitive years are relatively brief. Supposedly, sophisticated dopers are getting caught and are going to have to live with that black mark for the rest of their lives.

**What have you learned about yourself as a result of competing in sport?** I have seen the benefits of commitment, hard work and persistence. Being rewarded for those efforts is a source of strength and confidence. Competition is also a lesson in humility. I am continuously impressed, and often overwhelmed, by younger talent and the constantly rising level of competition.

**Outside of skiing and riding, what do you like to do for fun, relaxation?** I hope to figure that out



when I retire from racing. Reading gets me through the travel days, Harpers Magazine, Atlantic Monthly, NYTimes... I can't seem to pass the airport magazine rack without picking something up.

**Favorite movie** - Being John Malkovich, anything by the Cohen brothers, and just about anything involving Luke or Owen Wilson.

**Favorite book** - favorite writer/commentator/reviewer Christopher Hitchens, Novelists Thoreau, Roth, Rushdie, Stegner.

**Favorite food** - I like to try the local fare whether its sushi, steak, mexican, lobster, reindeer, stinky cheese...and I am always satisfied with a good burger and fries.

Thanks Carl and good luck this winter from USADA!

## WHAT'S NEW?

### Athlete Location Form Changes

Yes, we heard your suggestions, and you may have noticed that the Athlete Location Form (ALF) has changed. In response to overwhelming athlete feedback requesting a simpler ALF the quarterly calendar, previously home to lots of boxes requiring "X, Y, and Zs", has been removed. Here are some tips for filling out the revised ALF:

- Complete Page 1— this is for your Residence, Training Information, and Other Regular Activities to indicate your **regular Quarterly Schedule**.
- Complete Page 2 - this is for **exceptions** to your regular schedule, and includes sections for your Temporary Addresses, Competition Schedule, and other Special Exceptions.
- On Page 2, there is now space to list *Travel Days* next to each Temporary Address, Competition and/or other Special Exceptions.
- The "**Special Exceptions**" section should be used to list **single-day** activities that will alter the schedule you have provided elsewhere on the ALF. Examples for Special Exceptions include occasions such as Graduations, Weddings, and Conferences.
- As always, you can provide additional pages to supplement the ALF if you need extra space. Just be sure to include **your full name and sport on any additional pages you submit**.

Detailed instructions for completing the revised ALF are available at the "Athlete Express" section of our website: [www.usantidoping.org](http://www.usantidoping.org). Click on the link for the "Hardcopy

Athlete Location Form" and you will find those detailed instructions and a blank ALF for your reference.

### Submitting your ALF:

- Athletes with an email address on file with USADA can submit quarterly ALFs using our online system. For help logging into the system *and* for login/password questions please contact Kitt Fields at: [formsadmin@usantidoping.org](mailto:formsadmin@usantidoping.org) or 719.785.2006, or (toll free) 1.866.601.2632 Ext. 2006
- Hardcopy forms can be FAXED to: 719.785.2099 or 719.785.2091 or mailed to:  
USADA, Out-of-Competition Testing Program  
2550 Tenderfoot Hill Street, Suite 200  
Colorado Springs, CO 80906

Thank you for continuing to provide feedback. We hope to continue to make the processes as convenient for you as possible.

### New Website is Online

USADA's website, [www.usantidoping.org](http://www.usantidoping.org), has undergone a facelift. The new, easier to navigate, site went live in August. The site includes additional features including:

- Drug Reference Online, which is a searchable database for the status of substances and brand name products,
- Athlete Express, a direct route for athletes in the out-of-competition pool to quickly access forms and other necessary information, and
- A resource section, which includes all athlete forms and USADA publications in one location.

# QUICK HITTERS

## Harmonizing Anti-Doping for All Athletes in the World

August 13, 2004 marked the opening of the XXVIII Olympic Games in Athens. It also is the date that the World Anti-Doping Code (Code) was implemented by stakeholders in the Olympic movement (i.e., sports agencies, IOC, and national anti-doping agencies). The adoption and implementation of the Code by these organizations worldwide creates harmonization of the anti-doping rules, so that all athletes are subject to the same rules. We've highlighted a few points related to the Code below that athletes will want to know about.

- The World Anti-Doping Agency's (WADA) list of prohibited substances applies to all sports in all countries. *Remember that athletes should always check the WADA list to find what is prohibited.*
- The WADA Definitions of Doping now apply to all athletes in all countries. Doping is now defined by the Code and includes one or more of the following anti-doping rule violations (the violations listed below have been abbreviated – see the last paragraph in this article for information on obtaining the full documents):
  - The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen;
  - Use or attempted use of a prohibited substance or a prohibited method;
  - Refusing to be tested after being notified;
  - Violating out-of-competition requirements by failing to submit athlete location information, and missed tests;
  - Tampering or attempting to tamper with any part of doping control;
  - Possession of prohibited substances and methods;
  - Trafficking in any prohibited substance or method; and
  - Assisting, encouraging, aiding, abetting, or covering up the administration or attempted administration of a prohibited substance or prohibited method to any athlete.
- Sanctions for violations of the anti-doping rules identified in the Code now apply to all athletes in the Olympic movement worldwide. Unless otherwise noted by a specifically identified substance, individuals who are sanctioned for prohibited substances or methods could typically expect:
  - Two years for the first violation, and
  - Lifetime ban for the second violation.



You can get a complete copy of the Code at [www.wada-ama.org](http://www.wada-ama.org). You can download a copy of the U.S. Anti-Doping Agency's Protocol (updated August 13, 2004) that includes the articles of the Code, along with the policies and procedures for U.S. athletes, which are compliant with the Code at [www.usantidoping.org](http://www.usantidoping.org). [Athlete Tools](#), [Downloads](#)

All athletes in USADA's out-of-competition testing program will receive three documents in the mail this fall:

1. The 2005 USADA protocol
2. The 2005 Guide to Prohibited Substances
3. The 2005 Wallet Card

The second two items will reflect the WADA Code changes, and changes to the list of prohibited substances effective January 1, 2005.

## Know the Rules

Be sure to know your International Federation's (IF) rules. You can find links to the websites for your National Governing Body (NGB) and IF via the USADA website [www.usantidoping.org](http://www.usantidoping.org), and click on Resources and Links.

## Medications

If you need to take a medication that contains a prohibited substance, you need to go through the Therapeutic Use Exemption (TUE) process. This process must be completed before a doping control test.

There are two types of TUEs: the Abbreviated TUE and the Standard TUE. The Abbreviated TUE process is necessary for:

- Beta-2 Agonists (Albuterol, formoterol, Salmeterol, levalbuterol, terbutaline), and
- Non-systemic glucocorticosteroids (topical creams, nasal spray, ear and eye drops, local injections, and inhaled).

You can download an Abbreviated TUE form and the instructions for filling it out at [www.usantidoping.org](http://www.usantidoping.org). [Athlete tools](#), [Downloads](#)

A Standard TUE is required for all other medications that contain prohibited substances. **Note: Insulin requires a Standard TUE.** Instructions for completing the Standard TUE can be found on page 44-45 in USADA's 2004 Guide to Prohibited Substances, found at [www.usantidoping.org](http://www.usantidoping.org).

Please contact the U.S. Olympic Committee Division of Sports Medicine at 719-866-4668 to submit the Standard TUE.

## Unveiling Drug Reference Online (DRO)

On October 11, Drug Reference Online (DRO) was added to the USADA web site. The DRO is a searchable database that provides easily accessible and accurate information on whether specific U.S. pharmaceutical products are permitted for use by athletes.

## Take a Stand Against Doping

Call USADA at 1-877-752-9253 when you believe the integrity of your sport is compromised by doping.



Protect Your Sport  
U.S. Anti-Doping Agency

## Meet the USADA Education Staff

### **Karen Casey - Director of Education** [kcasey@usantidoping.org](mailto:kcasey@usantidoping.org) 719-785-2008

USADA education informs athletes about policies, procedures, and athletes rights and responsibilities with respect to doping control. Focusing on ethics involved with the use of performance-enhancing substances and the associated health risks, USADA's education program informs both elite athletes and those participating in sport at a young age of the dangers and consequences of using prohibited substances.

### **Adrian Roberts - Athlete Support Education Manager** [aroberts@usantidoping.org](mailto:aroberts@usantidoping.org) 719-785-2059

Coaches, trainers and others in the athlete support role have unique opportunities to positively influence athletes. USADA's athlete support programming provides information to better guide and support athletes. USADA has tools and resources for you and your athletes.

### **James Wagenschutz - Athlete Education Manager** [jwagenschutz@usantidoping.org](mailto:jwagenschutz@usantidoping.org) 719-785-2015

USADA is dedicated to providing updated and accurate information on ethics, healthy decision making, athletes' rights and responsibilities, as well as the rules and processes of athlete drug testing to elite athletes.

### **Valerie Williamson - Youth Education Manager** [vwilliamson@usantidoping.org](mailto:vwilliamson@usantidoping.org) 719-785-2070

USADA's programs for youth are focused on providing tools for making ethical and healthy decisions. Check out the [usadakids](http://usadakids) website and cruise through the activities. [www.usantidoping.org/education/youth/](http://www.usantidoping.org/education/youth/)

### **Cristina Guerra - Education Coordinator** [cguerra@usantidoping.org](mailto:cguerra@usantidoping.org) 719-785-2035

USADA Education regularly visits elite athlete and coach groups to ensure they know about important testing requirements and other valuable information. When resources and scheduling permits we are happy to accommodate other presentation requests, for example: college, high school, youth, and community groups. To inquire about presentations please contact Cristina.

### **Jennifer Luna - Education Administrator** [jluna@usantidoping.org](mailto:jluna@usantidoping.org) 719-785-2044

You will find publications that focus on accessing anti-doping resources, and on ethical and healthy decision-making. For publication information and to register for the Athlete's Advantage ToolKit, T-shirts and posters please contact Jennifer.



The U.S. Anti-Doping Agency invites you to take a stand for clean sport.



### Why should I care?

Your performance has always been a result of your hard work and natural abilities. You've never taken shortcuts by taking performance enhancing drugs.

# Take a Stand!

### What can I do about it?

Become a part of USADA's Athlete Advantage ToolKit Program and join thousands of other athletes in taking a stand against doping in sport. (For athletes in USADA's Out-of-Competition Pool)

### How do I sign up?

Contact USADA at 866-601-2632 ext. 2044, or email us at [educationnews@usantidoping.org](mailto:educationnews@usantidoping.org).

### Cool Shirt! How can I get one?

You'll automatically receive a free t-shirt when you sign up for the Athlete's Advantage ToolKit. If you are already registered for the ToolKit, contact USADA to receive your free **No Doubt About It** t-shirt.

[www.usantidoping.org](http://www.usantidoping.org) my health. my sport. my victory. I compete clean!

