

# TRUE SPORT



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

## ALISON DUNLAP - WORLD CHAMPION

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From a kid with a training wheel-equipped, royal blue, banana seat bicycle, to the 2001 World Mountain Bike Championship, Alison Dunlap has never ignored her dad's advice when he told her "don't stop pedaling!" It was advice that has taken her beyond an early initial interest in soccer and gymnastics to become one of the elite among cycling World Cup events: two-time Olympian, six-time national cyclocross champion, winner of the 2001 UCI Mountain Bike World Championship, and 2002 UCI Tissot Mountain Bike World Cup Champion.

#### USADA: How did you get into cycling?

*Alison Dunlap:* I went to Colorado College to play Division I soccer and got cut from the team as a freshman. I joined the CC Cycling Club because I was curious. I didn't know anything about racing but it looked interesting. I met some great people, loved the riding, and have been hooked ever since.

#### What is it about cycling that you love?

I love the physical aspect. Pushing myself harder than I thought possible. I love being outside. I love meeting new people. I have gotten to race in more than 20 different countries and have been to two Olympics. It has been the dream of a lifetime.

#### What have been your biggest accomplishments/disappointments?

I'm proud of racing in two Olympics and winning the 2001 World Championships and the 2002 World Cup Overall. My biggest disappointment was getting injured last summer, having surgery, and possibly jeopardizing my spot on the 2004 Olympic team.

#### How do you use goals in your training?

I always use goals in training. I have daily, weekly, and monthly goals. An example might be: I want to hit 350 watts in my VO<sub>2</sub> intervals today.

#### Have you set goals for life after you're done competing?

I want to start a family and go full time with the Alison Dunlap Adventure Camps, mountain bike camps that we're running in Moab, Utah.

[www.alisondunlap.com](http://www.alisondunlap.com)



#### Why have you chosen to compete clean?

Because I believe in honesty, integrity, and the truth. I want to go to bed at night with a clear conscience. I want to know that whatever I accomplish, I do it with 100% hard work and dedication.



More with Alison on Page Two.

# ALISON DUNLAP

## With your hectic schedule, how do you stay up-to-date with all of the location forms and updates that USADA requires?

As soon as the notification arrives in the mail I enter my info into the computer that day so I don't forget. It only takes about 15 minutes and then you're done. It just becomes habit.

## What message would you give to the younger athletes who are looking to achieve the same success you have?



With hard work, desire, and passion you can accomplish anything you want to. Believe in your dreams!

## Is it possible to succeed at the highest level without doping? How?

Yes. I have done it. Hard work, hard work, and hard work!

## What have been some of the keys to your success?

I work very hard and I am very motivated. I don't quit when it gets tough and challenging.

**Thanks Alison! Good Luck in 2004!**

## THIS IS AN EXCITING TIME TO BE A CLEAN ATHLETE!

The World Anti-Doping Agency (WADA) is charged with harmonizing and coordinating anti-doping programs between all nations and sports. A key step to this mission was the creation of the World Anti-Doping Code. International Anti-Doping rules are becoming more uniform regardless of an athlete's nationality or sport.

The WADA Code has been adopted by most sporting organizations (International Federations, National Anti-Doping Agencies) in the Olympic Movement. The next key step is for the sporting organizations to **implement** the program. The new Code applies to your sport once your IF implements the Code. Your IF has until August 13, 2004, to fully implement the Code into their rules. Some, but not all, IFs have already implemented the Code.



**Until your IF implements the Code, it is critical to check your IF rules to know exactly which rules and which list applies to you between now and August 13, 2004. You can find a list of IF links at [www.usantidoping.org](http://www.usantidoping.org) >resources > links**

## How does this affect me?

The list of prohibited substances has changed. Pseudoephedrine and caffeine have been eliminated from the list. These substances will remain on a "monitoring list" – to measure overall use – but will no longer result in a doping violation. Again, check with your IF to see which list is in effect for your sport. There are also some changes for getting permission to take medications containing prohibited substances.

## What is a Therapeutic Use Exemption (TUE)?

Many athletes need to take medications that contain prohibited substances. It is necessary for athletes to get permission to use prohibited substances for medical needs. The process is explained in full at [www.usantidoping.org](http://www.usantidoping.org). This process must be completed before a doping control test.

**THIS INFORMATION IS CRITICAL FOR YOU TO KNOW BEFORE GOING TO A COMPETITION.** There are two types of Therapeutic Use Exemptions (TUE): the Abbreviated TUE and the Full TUE.

The Abbreviated TUE process is now used instead of the restricted substance medical notification form. It is necessary for:

- Beta-2 Agonists (Asthma inhalers like Advair or salbutamol.)

**TUEs continued on page three.**





As you gear up for a big 2004, 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.

**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.

**How do I sign up?**

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



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

