

MY HEALTH.
MY SPORT.
MY VICTORY.

...I COMPETE CLEAN IS USADA'S NEWEST CLEAN SPORT INITIATIVE! THE 12 ATHLETES TAKING A STAND ARE LEADERS IN THE SPORTS OF CYCLING, SWIMMING, AND TRACK & FIELD. THEY ARE CALLING TO ALL ATHLETES TO JOIN THE FIGHT FOR CLEAN SPORT.

What would it look like if we lived in a society that focused on all of the good in the world? A society that didn't put attention on the few who break the law or otherwise cheat? A place where kids would dream about and try to be more like others who do good?

Imagine reading headlines featuring YOU and all the other hard working, devoted athletes who train with dedication, integrity and for the love of competition! Imagine, a television network regularly featuring each and every one of you who compete clean, not only for yourself, but for your families, your coaches, your sport and your country!

Through this initiative USADA is building a broader platform for U.S. athletes to take a stand for clean and ethical competition. It is important for all sport stakeholders to take an active role in preserving clean athletes' rights to compete on a level playing field and to help restore Americans' faith that U.S. athletes compete with honor, integrity and sweat equity.

You'll agree that this roster of athletes is impressive in every regard:

- **CYCLING:** Kristin Armstrong, Jeremiah Bishop, Sarah Hammer and Christine Thorburn
- **SWIMMING:** Natalie Coughlin, Michael Phelps and Dara Torres
- **TRACK & FIELD:** Bryan Clay, Allyson Felix, Tyson Gay, Dehashia "Dee" Trotter and Lauryn Williams

Each of these athletes uniquely stands up for clean sport. Some are verbose while others are more reserved, relying primarily on their actions to be their voices. But there is a clear and common set of denominators from which they collectively invite all other athletes to take a stand:

- We are **role models**
- **Athletic excellence** is achieved through dedication, hard work and support
- Being a **champion** means being **responsible**, on and off the playing field
- In our **passion** for **competition**...we find the **love** of **sport**
- There is something to leave behind...a **legacy** for our future
- Pay it forward...by restoring the **dignity** and **hope** in **sports**

And then there's a very clear message that these athletes send to those who dope:

"Cheaters might want to think twice when they realize that clean athletes will not back down until cheating is wiped out and there is a fair playing field."

You might be asking, how can I be involved? Go to www.usada.org/MyVictory (effective June 1st) and take a stand for clean sport right now, helping to uphold the integrity of sport. Take the pledge, post your name and sport and take a look at the podcasts and outtakes from some of the athletes involved in this inaugural clean sport initiative. While you're there, read about how to submit your own clean sport podcast! We applaud all of you for your dedication and hard work for clean sport.



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

In This Issue:

SPIRIT of Sport™

My Health. My Sport. My Victory. I Compete Clean. [1]

Blood Testing: The Basics [2]

Sports Step Up to Help Level the Playing Field [2]

Quick Hitters [3]
• Going Somewhere? Take USADA with You!
• Early Birds Get the Bottle
• It's a Jungle Out There

In Search of the Spirit of Sport [4 & 6]

The Playing FIELD™

Technically Speaking: [5 - 6]
What's the Dope on Cannabinoids?

In Search of the Spirit of Sport continued [6]
Argument 5: Transhumanism and the Remanufactured Athlete

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BLOOD TESTING: THE BASICS

It can happen at a variety of places: at your house, your training location, or at an event. A Doping Control Officer (DCO) contacts you with a request for a sample. This is a common experience for athletes familiar with USADA's testing procedures. By now, you know the standard routine, but what if the DCO is asking for more than just urine? What if he or she is asking for a blood sample?

There is a more likely chance of this occurring in the near future as USADA continues expanding its blood testing efforts through Out-of-Competition and pre-Competition Testing. Blood testing serves a very important role in USADA's continued fight against doping in sport. Specifically, blood testing enhances our ability to detect hormone abuse, including the use of human growth hormone (hGH).

Before these blood testing efforts reach your sport, USADA will work with your sport's National Governing Body to help you get the information that you need to know what to expect. Until then, here are the basics:

- You can do this! If you have survived a blood draw at your doctor's office before, you will be able to survive this experience too. Why? Because, by and large, the experiences will be similar...except that the location will vary. Additionally the needles used will not be any different from those used at your doctor's office.
- When a DCO notifies you of a blood sample collection, he or she will be accompanied by a Blood Collection Officer (BCO). A BCO is a certified phlebotomist (i.e., someone who is trained to draw blood) and is someone who very likely works as a medical professional. The BCO will draw the blood, with the DCO overseeing the process and handling the paperwork.
- Once the DCO and BCO arrive, you will be asked to select a Blood Collection Kit. The DCO will then ask you to remain seated for 30 minutes to allow your blood to stabilize. After these 30 minutes, you

will be asked to make your arm available, and you'll feel a little stick. The blood draw itself will only take a few minutes, followed by the testing paperwork, similar to that used for a urine sample collection.

- The BCO will assess the most suitable puncture site, choosing the less-dominant arm and a location that is unlikely to adversely affect your performance. You may also request a specific arm. The most traditional site for blood draws is the inside of the elbow. Your DCO or BCO can explain your options in detail, but for those athletes that use their arms a lot, such as weightlifters, wrestlers, or field throwers, the back of the hand may be the better option.
- The amount of blood that will be drawn will not affect your performance, and is equivalent to just over two tablespoons – this is about 1/2 of 1% of all of the blood in your body. Many athletes who we have blood tested that have gone on to great successes, even winning championships.
- Can I refuse a blood test? As an athlete, you have the responsibility to comply with all doping control procedures. Just like a urine test, refusal of a blood test will result in an anti-doping rule violation.

Please look for additional information on USADA's expanded blood testing efforts in the future. Before blood testing reaches your sport, know that USADA, along with your NGB, will do all that we can to communicate everything you will need to know regarding blood testing.

Sports Step-Up to Help Level the Playing Field

The United States Anti-Doping Agency has joined the United States Olympic Committee (USOC), Major League Baseball (MLB) and the National Football League (NFL) in the formation of a landmark collaborative which has the potential to significantly increase the funding available for research in the effort to further curtail the use of banned and illegal substances in sport.

The Partnership for Clean Competition (PCC) will, for the first time ever, combine the resources and expertise of many of the nation's leading sports entities to underwrite doping research. The initial funding partners have collectively committed to contribute more than \$10 million over the course of the next four years. Also participating and contributing financially are the National Basketball Association (NBA), National Hockey League (NHL) and the Professional Golfers' Association of America (PGA). The founding partners will seek to raise additional

funds and include other entities (both sport and non-sport) as well.

"From the very outset of our organization, USADA has recognized the importance of credible scientific research to protect clean sport and those who compete with integrity," USADA CEO Travis T. Tygart said. "We welcome and greatly appreciate the shared commitment of the USOC, the NFL and MLB, and that of others who are involved in this important endeavor."

USOC Chairman Peter Ueberroth, who was instrumental in creating the collaborative, said that "it is vital that the major sports organizations in America work to combat a problem which, if left unchecked, has the potential to destroy the value and integrity of sport. Ultimately, we are in a battle to protect and preserve the benefits of sports participation for the youth or our country."

Priorities for the collaborative will include underwriting research that addresses:

- New methods to more cost effectively detect and deter the use of banned and illegal substances at every level of sport;
- Identification and detection of designer substances;
- The consequences of doping, from both a medical and ethical perspective, and
- The further development of a widely-available cost-effective test to detect Human Growth Hormone (HGH).

The PCC will consist of a Board of Governors, on which each of the four founding members will have one member, and a Scientific Research Advisory Board consisting of universally recognized and scientifically-qualified experts which will review grant requests, make recommendations to the Board of Governors and provide oversight regarding the results of the research projects.

QUICK HITTERS

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

OUT-OF-COMPETITION NEWS

Going Somewhere? Take USADA with YOU!

Have you ever left for a competition and suddenly thought, "I forgot to update USADA!" Now USADA has a convenient resource to help remind you to update your whereabouts. This Resource Key Chain card was mailed to all athletes in the Out-of-Competition (OOC) Testing Pool in the 2nd Quarter 2008 athlete packet. Doping Control Officers will also distribute the cards to athletes selected for OOC Testing in case you missed it in your packet.

A big thanks to all athletes for complying with your whereabouts requirements. We wish good luck to all athletes preparing for the Beijing 2008 Olympic and Paralympic Games!

If you are in the OOC testing pool and did not receive a card, please contact Kelli Feltmann (kfeltmann@usada.org; 719-785-2023) at USADA.

Early Birds Get the Bottle

To recognize you for submitting your quarterly Athlete Location Forms (ALF), USADA is offering chances to win a great water bottle.

There are two ways that you can be eligible to win:

- 1. Early Online Submissions** – Submit EARLY. If you are one of the first 10 athletes to submit an online quarterly ALF, we'll send you a free USADA water bottle. What is EARLY? ALFs will be available at 12:01 a.m. Mountain Standard Time on the first day of the month PRIOR to the actual deadline dates for each quarter's ALF. Water bottles were sent to the first 10 athletes who filed their ALFs on February 1, 2008.
- 2. Online or Hard-Copy Submissions** – BE ON TIME. When you submit each quarter's ALF by the specified deadline (December 1st, March 1st, June 1st, and September 1st) via the online system or hard-copy, you will be entered into a random drawing for a free USADA water bottle. Fifteen athletes will be selected at random from this group of submissions. Please see www.usada.org/ae for terms and conditions.



Going to Beijing? Check this out!

www.usada.org/go/120day

IT'S A JUNGLE OUT THERE

One of the tricks supplement companies use is to claim their product is 100% Natural. They know that when consumers see this claim, many will assume the product is safe. Most of the time, the companies' claims that their products are 100% Natural are 100% accurate – but here's the catch: 100% Natural provides absolutely NO guarantee of a product's safety!

In many cases, these all natural products can be very dangerous to the consumer. For example, cashew nuts may be considered all natural; however, the tree (*anacardium occidentale*) producing the cashew nut belongs to the same plant family as poison ivy and poison oak and coats the nut with a toxic oily substance. The toxin is only removed during processing and roasting to allow the safe sale and use of cashews.

Taking a walk through a meadow or a field filled with green plants and flowers can feel peaceful to the untrained eye. However, there is a battle

for survival going on all around you. Plants and insects are constantly competing against each other. The winners live, the losers aren't so lucky. The plants defend themselves by producing substances that are deadly to predatory insects. When dietary supplement companies use these plants in their products, these toxic substances can have similar effects on human consumers, too.

Rather than relying on the slick advertisements from the company selling the product you, as a consumer, have the responsibility to educate yourself. Research reliable sources of information that can point out the many substances that are known to be included in supplements and that may, in fact, damage your health.

By Dr. Richard L. Hilderbrand,
USADA Science Director

In Search of the Spirit of Sport

By Thomas H. Murray, PhD
President, The Hastings Center, Garrison, NY USA

The struggle for the future, and perhaps the soul, of sport is an ongoing conflict. The arguments pressed by the opponents of doping control have not changed much at all in the quarter-century since I began my research into the ethics of performance enhancement in sport. Five arguments come up repeatedly in one variation or another. Each of them seems plausible at first, but each one has serious flaws.

Argument 1: "It's all the same"

The first argument against doping control begins by noting that sport is constantly evolving in the quest for outstanding performance. Equipment improves—fiberglass poles replace wooden ones in the pole vault. Training, also, is transformed by science. In the end, what difference does it make that a cyclist's endurance improves through power meters and interval training, or through injections of EPO? Aren't they all just ways of going faster longer?

Suppose someone showed up to compete in the New York Marathon. She was properly registered and equipped except for one thing—her shoes had wheels on the bottom. She was wearing roller blades. Not surprisingly, she covers the 26-plus miles faster than everyone using running shoes. Does she deserve to be crowned as the winner? Virtually everyone I've asked this question says no, she does not. Not all means for going faster in the marathon are equal. Some, like roller blades—and perhaps EPO, anabolic steroids, and other drugs—undermine the meaning of the sport. If you agree that our imaginary roller blading marathoner has not earned the champion's crown, then you understand that not all ways of improving performance are the same.

Argument 2: The line-drawing problem

The doping skeptic may concede that point but insist that it's impossible to draw a line that is not hopelessly, fatally arbitrary. Some varieties of arbitrariness are morally abhorrent, for example punishing one person and rewarding another when they've done exactly the same thing. Sport is constantly drawing lines, but they don't seem to be arbitrary in quite the same indefensible way. Basketball permits five players to a side. Why draw the line at five? Why not four or six? As a youth I played five-on-five, but also two-on-two, even one-on-one. Of course, the game changes along with the number of players. But still, why five? Imagine that we take the skeptic's criticism to heart. Yes, five is an arbitrary place to draw the line, like every other particular number. So we'll let teams put as many players as they want on the court. The elegance, speed, passing and grace of basketball would collapse under the

weight of massive numbers and brute force as teams put 30, 40 or more players on the floor. It might resemble an endless rugby scrum, only on hardwood not grass.

Drawing lines is not only permissible, it is essential for preserving the meaning of each sport and of sport in general. Arbitrariness is not a fatal flaw when line-drawing is necessary in this way, and when a reasonable case can be made for drawing the line in this particular place—even if another nearby spot would have been equally defensible. So protein supplements and special diets may fall on the acceptable side of the line, while anabolic steroids and human growth hormone are prohibited. The line must be drawn with great care, and there will always be cases that challenge it; those cases should prompt a thoughtful reappraisal of precisely where to draw the line—but difficult cases are never reasons to abandon line-drawing altogether.

Argument 3: "You'll put your eye out!"

A detour into paternalism

Why, though, should we draw the line this side of performance enhancing drugs? The most common answer is that athletes might hurt themselves if they use steroids, EPO, or other drugs. There are two problems with this argument, which philosophers call "paternalism." Roughly, paternalism is doing something to or for another person in order to promote their good, but without regard to their own desires or preferences. Paternalism is an essential part of good parenting (I wouldn't allow my three-year old grandchildren Tess and Cooper to play in the street even if they wanted to. They're too young to appreciate the risks, I know better, and I am responsible for their well-being). So paternalism would support limiting the freedom of adolescent athletes to take severe risks; but its legitimacy fades as athletes become adults.

The second problem with the "you'll put your eye out!" argument is that in many sports we encourage and reward athletes for taking risks. Alpine ski racers careen down steep slopes at 100 kilometers an hour, and road cyclists descend long hills at comparable speeds. They are likely to find the tender concern that they might hurt themselves if they take steroids or EPO a tad hypocritical.

In research done at The Hastings Center nearly thirty years ago, and in the decades since, I have spoken with many elite athletes. Overwhelmingly, they did not see using performance enhancing drugs as a glorious expression of their personal liberty. Most athletes are merely trying to level a playing field tilted against them because, they fear, their competitors are gaining an advantage by taking drugs. Drug use by some athletes, in

other words, creates enormous coercive pressure on other athletes to also use drugs merely to keep up. Successful doping control levels the playing field so that athletes can compete fairly without drugs. So, even if paternalism weakens as athletes become adults, protecting athletes from the coercive power of drugs in sport remains a solid ethical justification for effective doping control.

Argument 4: "Resistance is futile"

Notice that I said effective doping control—which brings up the fourth objection: that, in the words of the Borg from the television series *Star Trek*, "resistance is futile." Here the skeptic can note that enforcing a ban on doping is difficult. It is. The question for us becomes, given that perfection is unachievable in doping control or, for that matter, any other important social policy, what level of control is possible and worth the trouble? Some components of a serious and significant doping control system, such as sample collection and lab protocols, have long been in place. But other pieces have been weak or lacking until recent years, among them a genuine commitment from the leadership of sport, a good measure of independence for those entrusted with doping control, and funds to support the research necessary to keep up with—or get ahead of—doping advocates. The creation of WADA and other national anti-doping agencies, and the reinvigoration of a number of sports governing bodies give reason to hope that resistance, in this instance, may not be so futile.

CONTINUED ON PAGE 6



WHO SAID IT?

"It's not whether you get knocked down;
it's whether you get back up."

(Answer on back page)

TECHNICALLY SPEAKING:

What's the Dope on Cannabinoids???

What the heck are Cannabinoids?

(pronounced: ka-nab'i-noydz)

Cannabinoids are any of the active chemicals of the Cannabis plant. The main active ingredient in cannabinoids is delta-9-tetrahydrocannabinol (THC). THC has a mind-altering effect, changing the way the brain works, and is found:

- ◆ **Most commonly in Marijuana**, known by other names like:

REEFER DOPE WEED
GRASS GANGSTER GANJA
POT CHRONIC HERB
DOOBIE MARY JANE

- ◆ **Also in Hashish**, or hash, hash oil, or in Spanish Sinsemilla (*sin-she-meyah*), which are more concentrated forms of THC.

Did you know...

besides being illegal in the United States, Cannabinoids are also tested for In-competition?

Why should you care?

Athletes work so hard to reach the elite level of competition. Using these drugs could potentially compromise your athletic career.

If you are not convinced that a positive test could result from using marijuana or hashish, please read further. Check out these facts and decide for yourself:

When you're tested at an event, Cannabinoids/THC is one of the many substances screened for in your urine sample. When an athlete tests positive for THC, they:

- Lose any results from the competition
- Could also receive a sanction of up to one-year for a first offense and two years or more for a second violation. To find U.S. athlete sanctions for THC from 2003 to date go to www.usada.org/what/management/sanctions_search.aspx

You can find more information on the WADA Prohibited List at www.wada-ama.org/rtecontent/document/2008_List_En.pdf

How long does THC stay in the body? THC in marijuana is rapidly absorbed by fatty tissues in various organs. Generally, traces of THC or metabolites can be detected by standard urine testing methods several days after a smoking session. However, in chronic heavy users, traces can sometimes be detected for longer periods after they have stopped using marijuana.

What are the short-term effects of using these drugs? There are many short-term side effects, some of which include:

- Problems with memory and learning
- Distorted perception (sights, sounds, time, touch)
- Difficulty thinking and problem solving
- Loss of motor coordination and decreased reaction time
- An increase in pulse rate and pupil size

These effects are even greater when other drugs are mixed or spiked in marijuana products. Users do not always know what other chemicals may have been added to those products.

What are the long-term effects of marijuana use?

So far, findings show that regular use of THC may play a role in some kinds of cancer and in problems with the respiratory and immune systems.

- **Cancer:** It's hard to know for sure whether regular marijuana use causes cancer. But it is known that marijuana contains some of the same, and sometimes even more, of the cancer-causing chemicals found in tobacco smoke. Studies show that someone who smokes five joints per day may be taking in as many cancer-causing chemicals as someone who smokes a pack of cigarettes every day.
- **Lungs and airways:** People who smoke marijuana often develop the same kinds of breathing problems that cigarette smokers have: coughing and wheezing. They tend to have more colds than nonusers. They are also at greater risk of getting lung infections like pneumonia.
- **Immune system:** Animal studies have found that THC can damage the cells and tissues in the body that help protect against

What's the Dope on Cannabinoids?

continued from page 5

disease. When the immune cells are weakened you are more likely to get sick.

- **The Brain:** Some studies show that when people have smoked large amounts of marijuana for years, the drug takes its toll on mental functions. Heavy or daily use of marijuana affects the parts of the brain that control memory, attention and learning.

Smoking marijuana causes some changes in the brain that are like those caused by cocaine, heroin and alcohol. Scientists are still learning about the many ways that marijuana can affect the brain.

Once in a while someone will say that using marijuana is "just part of our sport's culture". However, sometimes

the requirements that come with being an elite competitor clash with a particular "culture". And sometimes you have to take a stand and make decisions which allow you to compete clean, protect your own integrity and the integrity of your sport.

These marijuana facts were taken from materials published by the National Institute on Drug Abuse (NIDA) and National Institutes of Health (NIH). For more information about marijuana and other drugs of abuse, go to www.drugabuse.gov.

For more information about drugs in sport or the list of prohibited substances, go to www.usada.org.

In Search of the Spirit of Sport continued from page 4

Argument 5: Transhumanism and the re-manufactured athlete

The skeptic's fifth and last argument may be the greatest challenge to the future of sport. Olympic athletes push the human body to its limits. Sport science continues to discover new ways to press past old boundaries through studies of how the body responds to training, optimizing recovery, biomechanical analysis and other techniques. The quest for knowledge and technique is a vital part of what it means to be human. Why, the skeptic may ask, do we permit, even encourage, using science and technology to improve performance in many ways, but recoil when the means of transforming the human athletic body is through drugs, implants, or—and this is more hype than reality at the moment—genetic engineering? Some commentators argue that we should embrace the technologically re-manufactured

athlete as the apotheosis of sport. Human ingenuity creates the means, such as biosynthetic hormones, to alter the human body; human will finds the determination to employ those means despite the dimly understood dangers that may accompany them. Therefore, the skeptic concludes, the manufactured—literally, made-by-hand—athlete is the highest expression of the human spirit.

This, roughly, is the view of certain transhumanists who want to shrug off, even transcend, the limitations of our finite, imperfect bodies. I understand the spirit of sport to be embodied not only in the Olympic Games, but in the strivings of every amateur athlete who kicks a ball, runs on country paths, or pedals up steep hills. The glory of sport is learning what we can do with the natural talents we have, perfecting them through admirable, persistent effort. Yes, I could probably ascend the four mile

climb into Fahnestock Park near my home more easily if I used EPO. I could do it much more quickly on a motorbike. But where is the satisfaction in that?

Humankind could devise a transhumanist competition for cyber-athletes if it wished. I would not be at all surprised. But, as long as people care about human excellence, natural talents, and the dedication and intelligence required to perfect those talents, I believe the spirit of sport, and the Olympics, can and should survive.

"In Search of the Spirit of Sport" by Thomas Murray, PhD, of the Hastings Center first appeared in the World Anti-Doping Agency's magazine Play True, 2007, issue 3. For more information on Tom Murray and the Hastings Center, visit www.thehastingscenter.org.

Answer to "Who Said It?"...

Vince Lombardi
football coach

Remembered for his dedication and enthusiasm, Vince Lombardi is one of Football's greatest and most respected coaches. For more information on Vince Lombardi, please visit www.vincelombardi.com.

TAKE A STAND AGAINST DOPING!

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



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