

COMING CLEAN

Adam Bergman takes responsibility for his actions



Photo: Bruce Adelsman/skinny.com

HAVE YOU HEARD THE EXCUSES? "MY TOOTHPASTE WAS CONTAMINATED." "I THOUGHT THE SYRINGE WAS FULL OF VITAMINS." OR EVEN, "THE DRUGS WERE FOR MY MOTHER-IN-LAW."

Some athletes will stop at nothing to avoid taking personal responsibility for their actions.

Why is it that some athletes seem unable to own up to their actions? It's hard, that's why. It is hard to step up and admit that you made a mistake. It's also hard to accept the consequences for a mistake. In the short-term, taking shortcuts may be easier than doing the right thing. Competing with

integrity is a path filled with tough decisions, but it is the only path that leads to true victory.

When Kelli White tested positive for a prohibited substance in 2003, she denied it at first, but eventually admitted her mistakes even though it wasn't easy. When asked if she was satisfied with coming clean, White said, "Although it has been difficult, admitting my mistakes was the right decision for me and

frankly, my sanity."

In 2004, Adam Bergman tested positive for recombinant human erythropoietin (r-EPO). Bergman was faced with the choice of coming clean or running from his mistake. He chose to take responsibility for his actions.

With permission from Bergman, we have printed excerpts from his public admission:

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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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E-mail us at: educationnews@usantidoping.org with suggestions or feedback on newsletter articles. We look forward to your comments.

BERGMAN COMES CLEAN

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Excerpts from Bergman's letter:

Almost two years ago, I tested positive for EPO. Until now, I have not been a strong enough person to admit to taking EPO. I never denied the charges, but I hid behind the fact that the test results were not entirely clear, and I hoped that I might be able to get off on a technicality.

It is time to tell the truth. I did it.

I made a big mistake when I tried EPO, and I made matters even worse by not having the courage to admit that mistake. My family raised me to be a better person than that.

Being honest at this point can't change what I did. However, if some other young cyclist is facing difficult personal problems or hardships, I hope that my experience might help them deal with life's challenges in a better way.

No excuse justifies what I did. If someday, someone else is struggling with problems and is tempted to take the easy way out by cheating, my plea to you is don't do it. You have to deal with your conscience the rest of your life.

What is so sad for me, personally, is that beyond the damage to my personal reputation, cycling is the sport I love and I only added damage to its reputation.

What I did not only ruined my career and personal life in every single aspect, but I hurt a lot of other people. My selfish act tarnished the reputation of my sponsors, teammates and manager. I know it's too late, but I apologize to them personally.

I am in my second and final year of suspension (as well as continuing with USADA's out-of-competition testing program) and am looking forward to competing again, clean, in the sport I love. Though it may be hard, I hope that one day people can forgive me for what I have done. I don't ask anyone to forget because I know I never will myself.

Sincerely,
Adam Bergman

Questions to consider:

- ➔ Under your own code of ethics, would you forgive Adam Bergman for what he did? Why or why not?
- ➔ When you are tempted to take a shortcut to victory, how do you respond?
- ➔ How does it make you feel when someone chooses to cheat in order to gain success?

See Page 5 for information on EPO and its health risks.

Think about how you would handle the situation...

Before she can putt it, a golfer notices that her ball has moved a fraction of an inch. The rulebook calls for a one-stroke penalty. No one else saw the ball move, and she does not believe the movement of the ball gave her any advantage. She continues her round without calling a penalty on herself.

This example comes from a real-life experience. Except in the actual story, Wendy Ward called a one-stroke penalty on herself after she noticed that the ball moved a fraction of an inch. No one else saw the ball move. Wendy Ward finished one stroke out of the playoff. When asked why she called the penalty on herself, Ward commented, "I did not see any other option. I would not have been able to hit that putt knowing the ball had moved. It was a natural reaction for me to call the penalty on myself because I stand for integrity. I did not think about the consequences."

This is a great example of an athlete making an ethical choice in a tough situation. Wendy Ward made a decision that cost her money and the chance to win a major tournament, but she also made the only decision that allowed her to keep her integrity.

Questions to think about

1. Would you call the penalty on yourself? Why or why not?
2. Do you think that not calling a penalty is cheating?
3. Are you willing to compromise your integrity for a win-at-all-cost attitude?

This example is more than about what is right and wrong; it exemplifies an ethical situation that sports provide. Remember, it is up to you to decide where you are going to set your standards. It is important for you to decide what you will do when faced with choices like these.

Take a Stand for Clean Sport!

Show your commitment to clean sport by:

- Taking personal responsibility when you make a mistake.
- Making the commitment to compete clean.
- Avoiding mistakes by educating yourself about the anti-doping rules that govern your sport.

For more information about ethical decision-making, download *The Journey* at:

www.usantidoping.org/go/journey





QUICK HITTERS

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

Out-of-Competition Reminders

→ Are you new to the Out-of-Competition Testing Program?

Get the Athlete's Advantage™ now! Athlete's Advantage™ Online is an interactive resource with activities designed to help you access information specific to the OOC testing program requirements and doping control in general. Get the advantage at www.usantidoping.org/advantage.

→ Online Athlete Location Forms (ALFs) just got easier!

USADA recently added advanced functionality to its Web site. Some information on your ALF will now pre-populate from quarter to quarter, saving you time when utilizing the online system. Additionally, you are now able to go back and access whereabouts information that you submit online.

The pre-populate feature only works when submitting forms online without missing a quarter.

OOO athletes - Did you know?

- You are required to submit **BOTH** pages of the ALF. Sending in only one page of the ALF is considered to be an incomplete form.
- If your permanent address changes, you need to fill out a new ALF with the correct permanent address.
- While you are busy with training and traveling, remember to update USADA any time your schedule changes from that which is on your ALF.

Updates may be faxed or mailed to USADA, submitted online or e-mailed to update@usantidoping.org

If you have questions about USADA's online system or need help with your login or password, contact USADA at formsadmin@usantidoping.org (866) 601-2632, ext. 2006 (toll-free) or (719) 785-2006 (outside the U.S.).

**Athlete
Express™**

A Word from an Athlete Ambassador

"Being an athlete ambassador is one of my proudest athletic accomplishments. Despite the challenges of being asthmatic, I have shown that an athlete can be successful on the playing field without using performance-enhancing drugs. With hard work, dedication and a positive attitude, you can accomplish your dreams while being free of drugs. Join me and the other Athlete Ambassadors and achieve your ultimate athletic success. Play with integrity-play clean."

Pam McGonigle (Paralympic Track & Field Athlete and USADA Athlete Ambassador)

Therapeutic Use Exemptions

If you need to take a medication that contains a prohibited substance, you must complete the Therapeutic Use Exemption (TUE) process at least 30 days before a doping control test.

TUE forms and instructions can be accessed at the bottom of USADA's home page at www.usantidoping.org.

Some sports have International Federation (IF) specific forms and requirements that must be submitted in order to be considered for an exemption. Remember to check with your IF for the most up-to-date information.

In the case of a medical emergency where a prohibited substance or method is required, an emergency TUE may be granted. Medical support documentation is required to be submitted along with the TUE. For further information, please contact the Drug Reference™ Line at (800) 233-0393.

For questions in general regarding the TUE process, call (719) 785-2045.

DRUG REFERENCE ONLINE™



The DRO is a searchable database that provides easily accessible and accurate information on whether specific U.S. pharmaceutical products are permitted or prohibited. The DRO also identifies medications that require abbreviated Therapeutic Use Exemptions.

Several over-the-counter medicinal products are included in the database; however, dietary supplements are NOT included in the database.

www.usantidoping.org/dro

WADA CODE UNDER REVIEW

The World Anti-Doping Agency (WADA) has initiated a practical review of the World Anti-Doping Code (Code) aimed at fine-tuning the provisions of this document and enhancing anti-doping programs. This consultation period provides stakeholders worldwide an opportunity to contribute constructively to the improvement of the Code.

USADA invited stakeholders to provide input to USADA by July 7, ensuring a coordinated response to WADA.

TAKE A STAND AGAINST DOPING!

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



USADA ELECTS FORMER SWIMMING COACH AS NEW BOARD MEMBER

Donald L. Gambriel, who coached numerous American swimmers to national championships and Olympic medals, will fill the newly-created coach member position on USADA's Board of Directors.

"I am very humbled to be selected to serve on the USADA Board. It is made up of a most impressive group of individuals. I hope I can add something valuable to their efforts," said Gambriel. "I am very much opposed to any type of drugs or supplements taken to enhance performance. Anything and everything should be done to strengthen all efforts to block their use."

A swimming coach for more than 30 years, Gambriel served as the head coach for the 1984 U.S. Olympic Swimming Team and was an assistant coach for the sport's 1968, 1972, 1976 and 1980 U.S. Olympians.

He started his coaching career at the high school level and as a collegiate coach compiled a 350-60 record during stints at Pasadena City College, Long Beach State, Harvard and Alabama (270-49). In 1990, after serving as head coach of the University of Alabama's men's swimming program for 17 years and the women's swimming program

for 10 years, Gambriel retired from collegiate coaching and became an assistant athletic director at the school. He retired from that position in 1996, but has continued to teach at the university.

Gambriel, a graduate of California State University, Los Angeles, where he earned both a bachelor's and a master's degree in physical education, is the author of numerous books on swimming techniques, motivation and team building.



Donald Gambriel

TAKE ADVANTAGE OF THIS!

Are you in USADA's Out-of-Competition (OOC) Testing Program?

Take a Stand for Clean Sport by signing up for the Athlete's Advantage™ ToolKit. For athletes in the OOC Testing Program, it's an all-in-one resource.

Contact USADA Education toll-free at (866) 601-2632, ext. 2044; (719) 785-2044; or by e-mail at educationnews@usantidoping.org to request the ToolKit.

Plus, you'll also receive a cool gym bag and ToolKit calendar!



Want a FREE gym bag? Sign up for the ToolKit.



Keep track of all your happenings with this month-by-month calendar.



WHO SAID IT ?

"Sports do not build character. They reveal it."

(Answer on back page)

DID YOU KNOW...

In England, the Speaker of the House of Commons is not allowed to speak. (That is, he or she does not make speeches or take part in debates.)

TECHNICALLY SPEAKING:

What is Erythropoietin (EPO)?

What is EPO?

Erythropoietin (EPO) is a protein hormone that causes the body to produce red blood cells and thus increase the oxygen carrying capacity of the blood. EPO is made primarily by the kidneys in response to low levels of oxygen in body tissues or to anemia. EPO stimulates the production of red blood cells and the synthesis of cellular hemoglobin.

Are there any prescribed medications that are similar to EPO?

There are a number of similar medications that are produced by pharmaceutical companies across the world. These include darbepoetin (Aranesp) and the epoetins (Procrit and Epogen) which are marketed in the U.S. These drugs are used clinically to treat anemia associated with chronic kidney failure in patients who may be on dialysis or needing

dialysis. They are also used to treat anemia in chemotherapy patients, HIV-positive patients and in premature infants.

What are the health risks of EPO use?

According to manufacturer literature, higher levels of hemoglobin (and red blood cells) are associated with increased risk of cardiovascular events, including death. Athletes may be at an even higher risk due to hematocrit elevated above recommended levels at the start of competitions, combined with dehydration that may occur during an endurance event.

How does r-EPO differ from normal EPO?

Pharmaceutical or recombinant erythropoietin (r-EPO) is made by recombinant DNA technology in non-human cells and

the molecules vary in chemical structure from the EPO that is produced naturally in the body. As a result, doping control tests can detect these differences.

Is EPO prohibited?

Yes. EPO is prohibited in- and out-of-competition under the class of "Hormones" instead of "Blood Doping" due to its definition. As mentioned above, EPO can be detected in a urine sample.

- RICHARD HILDERBRAND, Ph.D.
USADA's Science Director

SPORT SITUATION

Here's the situation...

One of your star athletes comes to you and asks for your advice on a dietary supplement that he/she is thinking about taking. Your athlete saw it being advertised on TV, as well as in stores, as the "next big thing."

He/she alleges to have heard about several other athletes taking it and having great success. Your athlete tells you that the supplement can make him/her faster and stronger. Aware that he/she is subject to drug testing, the athlete claims the supplement label lists no prohibited substances.

Your athlete is also on the verge of being a prominent figure in your sport. If your athlete is successful, that may attract more athletes to want to work with you, as well as possibly increasing your income. You want to support your athlete in becoming the best he/she can be, but are skeptical about the need for this dietary supplement.

Coaches' Corner

QUESTIONS TO THINK ABOUT:

1. Do you encourage your athlete to take the supplement, knowing there are risks involved?
2. Are you familiar with USADA's stance on dietary supplements?
3. Do you have other athletes taking dietary supplements? If so, do you know which athletes?

Turn to page 6 to find out more information on the risks involved with dietary supplements.



AT YOUR OWN RISK!!!

Athletes assume the risks with dietary supplements

The doctrine of strict liability, namely that you, as an athlete, are responsible for what is in your body regardless of whether a prohibited substance was taken intentionally or not, demands extreme caution by all parties with respect to the use of vitamins, minerals and other dietary supplements. The dietary supplement industry is largely unregulated and contamination can, and often does, occur in the manufacturing process.

Anti-doping rules make the presence of a prohibited substance in an athlete's urine or blood a doping offense regardless of how the substance got there.

Dietary Supplements: USADA Position Statement

Using any form of vitamins, minerals, amino acids or other dietary supplements may result in an adverse analytical finding for prohibited substances leading to a suspension and/or other penalties. Be advised that supplements are defined to include vitamins, minerals, amino acids, herbs and their extracts, protein powders and energy drinks. Dietary supplements may contain prohibited or illegal substances that may, or may not, be listed on the label.

Any athlete using DIETARY/NUTRITIONAL SUPPLEMENTS does so COMPLETELY at his or her own risk of committing a doping violation, even IF THE SUPPLEMENTS ARE "APPROVED" OR "VERIFIED."

Athletes or sporting bodies who accept sponsorship from supplement manufacturers do so at their own risk. Without an approved quality standard, there's no guarantee of the reliability of the manufacturing or labeling process, despite claims made by some manufacturers.

Things for you to consider

What is the Dietary Supplement Health and Education Act?

The 1994 Dietary Supplement Health and Education Act (DSHEA) gave manufacturers the freedom to market supplements without proof of safety or effectiveness on humans. This means that dietary supplements do not need approval from the Food and Drug Administration (FDA) before they are marketed. For example, tribulus terrestris or "Trib" is a supplement that claims to build muscle. In a study from Australia, "Trib" was shown to cause a neurodegenerative condition in sheep called staggering disease. There is still little data on what it can do in humans.

If the FDA does not regulate dietary supplements, who does?

Since 1994, the dietary supplement manufacturers have been responsible for overseeing the safety of their products. The perception has been that the fox is guarding the henhouse. It is up to the manufacturers to determine the recommended dosage for its dietary supplements. Dietary supplements that contain a "new dietary ingredient" do come under more scrutiny, but it is up to the manufacturers to determine if its product contains a "new dietary ingredient." One of the few places to find information about a supplement is from the manufacturer.

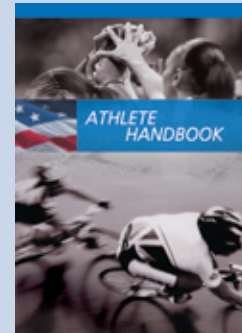
Note: USADA's Drug Reference Line™ and Drug Reference Online™ do not provide information about dietary supplements.

Answer to "Who Said It?"...

John Wooden (legendary basketball coach)

Do you have a copy of USADA's Athlete Handbook?

Contact USADA Education toll-free at (866) 601-2632, ext. 2044; (719) 785-2044; or by e-mail at educationnews@usantidoping.org to request the Athlete Handbook.



SPRIT Sport

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