

## Doping Sport

By Travis Tygart, USADA CEO

*As a father of three young children ages seven and under, I hope that one day they will learn the valuable life lessons that can be obtained by participating in sports played with integrity and honor and without prohibited drugs. I want them, like all of our children, to benefit from the ideal that, in its purest form, true sport builds character and promotes the virtues of selfless teamwork, dedication, and commitment to a greater cause.*



Unfortunately, there are those who would undermine these intrinsic principles and are willing to cheat for the sake of winning at all costs. This willingness to put winning above all else erodes our trust in sport and its inherent value. Unfortunately, as sports fans, we have all witnessed the tragedy of athletes devoting everything to their sport only to miss their rightful moment on the podium because the competitor in the lane next to them was cheating. We have also seen too many heroes fall from grace and end up compromising their athletic legacy. Some of our heroes have even had to return medals in the wake of scandal.

The doping crisis is not just a public image problem for one sport or one group of owners, nor a problem in only certain professional sports. Illicit drug use is a crime that creates an ethical and public health problem that reaches right to the core of our collective values and our future because it adversely affects today's high school, junior high school, and even grade school athletes.

As CEO of the United States Anti-Doping Agency (USADA), which is the independent, national anti-doping agency for Olympic and Paralympic sports in the United States, my mission is to protect and preserve the health of

athletes, the integrity of competition, and the well-being of sport through the elimination of doping.

The reality is that while we still have a long, hard fight in front of us, much has been achieved already to facilitate success in this movement. USADA was formed as a truly independent and transparent entity in 2000 in support of U.S. athletes. The International Olympic Committee externalized its program through the formation of the World Anti-Doping Agency, harmonizing the movement around the globe. In the United States we can claim the gold standard in out-of-competition, no-advance-notice testing programs; we have a comprehensive list of prohibited substances and methods for which we test; we have a substantial education program that arms athletes and youth with tools for living and competing healthy and drug-free; we conduct research to advance the anti-doping science; and we have developed effective partnerships with law enforcement agencies to ensure that all parties to doping activity are held accountable.

All these efforts are part of a commitment to defend the integrity of sport in America. Ultimately, the fight for the soul of sport most directly impacts the clean athletes.

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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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**My Victory.**  
*I compete clean.*

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They deserve the assurance that the rules apply evenly to all athletes, including high-profile, high-dollar superstars. And they deserve the protection of their right to compete on a level playing field. Equally as important, our youth deserve the right to dream that they can rise to the heights of athletic success in America without having to resort to cheating through the use of drugs.

While much has been done, in a perfect world additional steps would be taken to further protect clean athletes. Funding would be provided to implement a national in-school program built on a broad-based educational foundation for the importance of healthy living, ethical decision-making, and the dangers of performance-enhancing drugs.

From a policy perspective, increasing the penalties for the illegal use or distribution of human growth hormone (HGH) would strengthen law enforcement efforts to enforce these laws. Prohibiting online pharmacies from selling controlled substances over the Internet without a valid

prescription would further enhance the control of these dangerous drugs and make it more difficult for them to end up in the hands of our children. Finally, additional funding is needed to continue to advance scientific research in the field of anti-doping.

The effort to protect clean sport is not an easy task, but the implications of our failures or successes are monumental. While at its core, sport is rooted in fun, entertainment, and achievement, sport also has a fundamental and far-reaching impact on the value of our society. For that reason everyone who is involved in sport, whether as a competitor, coach, parent, or fan, has an obligation to support the effort to ensure that our children learn the lessons that will help them grow into the strong, ethical, conscientious members of our society that we all hope they will become.

*Reprinted with permission from Women's Adventure Magazine, June 2009 issue.*

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



## USADA DCOs: Highly Qualified Leaders

USADA'S Sport Testing and Resources (STAR) Division is the management authority of USADA's Doping Control Officers (DCOs) and other sample collection personnel. The STAR Division was recently created to enhance quality control, consistency, and management of USADA's testing practices and procedures. In addition, the STAR Division seeks to further develop the DCO program through improving recruitment, training, certification, and continued investment in the development of DCOs as ambassadors of USADA.

DCO hiring, training, and certification is a very detailed process with the goal of acquiring and maintaining highly qualified individuals to serve in the field, representing USADA in the public eye. To fulfill this responsibility, individuals must be professional, uphold the highest standards of integrity, and possess the ability to interact respectfully with the elite athletes with whom they will come into contact. Due to the nature of the environment they work in, DCOs must be flexible to accommodate ath-

letes' schedules while maintaining control of the situation in order to preserve the integrity of the process. This is at times a challenging task when faced with high-profile athletes, the media, unforeseen circumstances, and undesirable testing locations. However, the well-being of the athlete and the integrity of the athlete's sample are the overarching principles that USADA'S DCOs defend to maintain the quality of service to clean athletes and sport.



To ensure USADA has the highest caliber of DCOs in the field serving athletes, each must go through rigorous recruitment, screening, and training processes in which they are interviewed and observed in both Out-of-Competition and In-Competition (Event) situations. Thereafter, they are trained in all aspects of the Sample Collection Process, from planning the attempt and notifying the athlete, to conducting the collection and maintaining the sample's security for lab analysis. Once trained, they must pass a written and practical exam to assess their proficiency on the Sample Collection Process.

While a few of USADA'S DCOs devote their careers full-time to anti-doping, many are professionals in other fields, holding full-time positions such as athletic directors, doctors, professors, and other highly-skilled occupations. However, regardless of their careers, USADA'S DCOs are passionate about supporting clean competition and defending the purity of sport for all athletes.

# One Council, One Voice

Prior to the 1972 Olympic Games in Munich, Germany, no real voice in sport governance existed in the United States. In response to U.S. athletes questioning governance decisions, such as how the flag bearer at the Olympic Games was elected, USOC Executive Director F. Don Miller arranged a meeting with team captains to hold the first election of a USA flag bearer for an Olympic Games. In 1973, with no formal structure, within the USOC or amongst athletes, and no vote at Board of Directors meetings, the first Athletes' Advisory Council (AAC) convened. The AAC was instrumental in the passing of the Amateur Sports Act; an act that gave athletes both voice and vote in the governance process of Olympic Sport and in 1998, was renamed the Ted Stevens Olympic and Amateur Sports Act (TSOASA).

More than 30 years later, the USOC Athletes' Advisory Council (AAC) meets three times a year with a goal of communicating the interests and protecting the rights of athletes, in cooperative support of the USOC achieving its mission. Under the guidance of the AAC Leadership team and the AAC Chairperson (with aid from the Athlete Ombudsman), meeting agendas include pertinent athlete issues and ideas to affect change for the improvement of athlete rights. The AAC general body participates and consists of the following individuals:

- One athlete from each National Governing Body (NGB)
- Two Paralympic athletes
- Ex-officio members
  - International Olympic Committee (IOC) Commission Member
  - International Paralympic Committee (IPC) Commission Member

The AAC is committed to providing information to athletes as well as keeping everyone abreast of any current issues affecting athletes. Each representative is educated on current programs, actions, and issues at the



USOC level. In addition, AAC representatives are involved in Selection Procedures for Olympic, Paralympic, and Pan American Trials; Selection Procedures for protected competitions other than above; as well as Athlete Agreements, Code of Conduct, Personal Competitive Gear, NGB Governance, Anti-Doping, and Performance Partnership Agreement (PPA).

AAC representatives serve a four-year term and may serve for two terms. Any athlete who has represented the United States in Olympic, Paralympic, Pan American, other major international competition, within the preceding 10 years as measured from the first AAC meeting of the quadrennium, may serve as a member of the AAC. (The term "other major international competition" as used herein means only a competition designated by the USOC as an Operation Gold competition.)

USADA works in conjunction with the AAC to get their input about projects that directly impact athletes. The AAC has offered feedback about the Athletes Advantage annual

tutorial, the Athlete Survey, and Whereabouts filings. Essentially, the AAC acts as a liaison between USADA and athletes by communicating pertinent information on behalf of USADA.

To find your AAC representative and learn more about the AAC, visit <http://www.usathlete.org>.

## Who Said it?

***"Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work."***

*(Answer on page 5)*

# Cycling: A Team Sport

One of the most discoverable attributes in sports at all levels is teamwork. This is true even in sports that are commonly perceived as individual sports – take cycling for example.

Although cycling is not often regarded as a team sport, many cyclists and fans believe a leader would not be successful without the support of selfless teammates. Individual cyclists strive for their best performance, however, there is often one preordained leader. All members, from the manager who rides in a follow car, to the mechanics, to the actual riders, do whatever it takes to motivate and assist the leader.

Radio communication between support staff and riders is constant throughout races to inform riders of possible dangers and obstacles. It is also used as a way to communicate fatigue, hunger, and status throughout the race. Special riders, such as climbers and sprinters, help the team leader reach the ultimate goal – crossing the finish line first.

Winning the race, receiving high notoriety, and visibility are just a few of the many reasons why cyclists work to achieve success. As *My Victory* athlete Jeremiah Bishop once said,



“A lot of what I do is because mountain biking is fun and I really enjoy seeing what I can accomplish and what is possible. I have had the honor to represent the U.S. in numerous World Championships and the Pan Am Games. I have a great job and I really love what I do and like to share my experiences with as many people as I can.”



Jeremiah Bishop

## Virtual Spirit of Sport



For several years, USADA has provided the *Spirit of Sport* newsletter in the traditional hard-copy form, mailed out on a quarterly basis and also offered an online pdf version. With efforts to enhance the reader's experience (and save a few trees), the *Spirit of Sport*, in its newest form, is now a 3-D animated, page-turning publication that can be found on USADA's website.

Features of this new online publication include:



- Search engine – allows you to quickly and easily find a specific article within the publication.



- Zoom option is available to provide a closer look at the articles.



- Spread the word about the *Spirit of Sport* by e-mailing to a friend!

With page-turning sound, the virtual flip book brings life to the *Spirit of Sport* – as if you had a hard-copy right in front of you!

# Cannabis and Sport



The consumption of substances derived from cannabis, such as marijuana, is widespread throughout the sporting community. The relatively high occurrence of cannabis detection in urine reflects the high prevalence of cannabis use among young adults. Various studies carried out, both in the United States and overseas, have shown a notable increase in the frequency and quantity of cannabis use, especially in younger populations. In a report by the United States Department of Health and Human Services, 16 percent of U.S. adults aged 18-25 reported use of cannabis in the past month..

## Effects of Cannabis

Although cannabis users purport the drug's ability to decrease anxiety and increase sociability, cannabis use can actually produce dysphoric reactions, including severe anxiety and panic disorders, paranoia, and psychosis. These undesirable effects are especially common in naive, anxious athletes.

Data gathered by the World Anti-Doping Agency (WADA) shows that use of cannabis is one of the most common reasons for a positive test result. The main active ingredient in cannabis is THC, and with development of cultivation methods, which produce THC concentrations in cannabis to levels that when ingested, cause an exponential increase in the dangerous and harmful effects of cannabis use than ever before. The harmful effects of cannabis can severely impact users of the drug and may include physical and psychological repercussions that can substantially influence an athlete's behavior. For example, consumption of cannabis can lead to:

- Mild intoxication;
- Sedative effect on behavior;
- Slower reaction times;
- Memory problems;
- Drowsiness; and
- Detrimental effects on the lungs, oral cavity, and upper respiratory tract.

## Does cannabis have performance-enhancing properties?

An argument can be made that cannabis improves performance, particularly in sports

where reduced inhibitions or increased pain threshold is desirable. The harmful effects of cannabis, as mentioned above, may be offset by negative side effects of the drug such as impaired judgment and slowed reactions times. As a result of these detriments and others, as well as the fact that cannabis use is illegal in many jurisdictions, cannabis use may also bring athletes and their sports into a negative light, undermining the spirit of sport.



The potential to enhance sport performance is just one of three criteria considered when determining whether a substance should be prohibited in sport. The other criteria are protecting athletes against health risks and whether the use of the substance violates the "spirit of sport." The question of performance enhancement potential with respect to cannabis need not be answered because the World Anti-Doping Code is clear that its aim, and therefore that of its List of Prohibited Substances and Prohibited Methods (the "Prohibited List"), is to protect "the spirit of sport" which includes factors such as health, ethics, and respect for rules and laws, all of which are compromised by cannabis use.

## Detection of Cannabis

Cannabis is metabolized into carboxy-THC and is easily detected in the urine by gas-chromatography/mass spectrometry. The detection threshold, or the level necessary in an athlete's urine sample to constitute a positive drug test, is 15 ng/ml. However, even though cannabis is a threshold substance, the elimination of cannabis from urine is a slow process and depends on an individual's physiology. The concentration discovered in urine depends on

various factors, including the following:

- Dosage of the most recent consumption;
- Time elapsed between the most recent consumption and the urine test;
- Manner of consumption (single dose or regular consumption);
- Individual metabolism; and
- Body mass.

Consuming a substance consisting of cannabis (i.e. marijuana) a few days before a competition can be disastrous for an athlete as there is a considerable risk of failing a doping test. Even if cannabis is taken without the intention of improving performance, the outcome will be a positive result if the urinary level exceeds the authorized threshold mentioned above. Scientific research published has revealed that cannabis can be detected up to four weeks after the most recent consumption.

Annually, WADA prepares and publishes the Prohibited List. Cannabis is a substance prohibited In-Competition only. When an In-Competition substance used by an athlete is not detected by a lab during urine analysis, usually the substance has cleared the athlete's system by the time the athlete provided the sample. But, urine excretion rates for different substances vary between individuals and therefore, there is no way to be sure that users of cannabis will be able to avoid a positive In-Competition urine test by stopping their use for a certain period of time before providing a sample. Therefore the safest course of action is to not use cannabis at all.



## Answer to "Who Said It?..." (from page 3)

Named "Coach of the Century" by ESPN, **Vince Lombardi** is remembered for his dedication, his infectious enthusiasm, and his unforgettable quotes that continue to echo in locker rooms around the world.

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

# Beta-2 Agonists and TUEs



Are you aware of the many changes to the way USADA processes Therapeutic Use Exemptions (TUEs) for 2009? While these changes are quite extensive, in this quarter's installment of the *Spirit of Sport* newsletter, the sole focus is beta-2 agonists. Most inhalers are composed of beta-2 agonists, and in fact, inhalers are primarily where beta-2 agonists are found. Common examples of beta-2 agonists include: Ventolin, ProAir HFA, Albuterol, Symbicort, Advair, Combivent, and Xopenex. To check whether the inhaler that you use has beta-2 agonists, please refer to [www.usada.org/dro](http://www.usada.org/dro), and search our drug database.

Prior to 2009, receiving approval for use of a beta-2 agonist included completing and submitting an Abbreviated TUE. **The Abbreviated TUE is no longer available.** However, if you have an Abbreviated TUE for a beta-2 agonist that has not yet expired, and it was approved by USADA, it will still be valid until the earlier of one of the following:

- The expiration date as mentioned on the Abbreviated TUE,
- December 31, 2009, or
- A TUE being approved for this medication.

If you fall into this category, do not wait until your Abbreviated TUE expires to submit a new TUE. Resubmit a new TUE application

and form with the required documentation at least one month before the expiration date as it takes roughly this long to process. If your International Federation approved your Abbreviated TUE prior to 2009, please check with them to determine how they are handling the transition period.

Anyone with a valid Abbreviated TUE that expires after December 31, 2009, (regardless of who approved it) will need to reapply for a TUE for the beta-2 agonist use by November 1, 2009, at the latest.

Moving forward, any Registered Testing Pool (RTP) athlete that requires the use of a beta-2 agonist within sport will need to file a "traditional" TUE. A TUE for a beta-2 agonist requires:

- Significant documented medical history, including:
  - Date of onset of asthma
  - Evidence that non-prohibited medications were tried first
  - Allergy tests
- A Pulmonary Function Test within the past three months\*

\*Visit [http://usada.org/dro/files/pdfs/Beta-2\\_Agonist\\_TUE.pdf](http://usada.org/dro/files/pdfs/Beta-2_Agonist_TUE.pdf) for more information.

## A Note on Pulmonary Function Testing:

Pulmonary Function Testing can be expensive and difficult to schedule.

If an athlete has a need for a Pulmonary Function Test, please contact one of the following individuals for assistance:

### Colorado Springs Olympic Training Center:

Dr. Randy Wilber, Ph.D.  
[randy.wilber@usoc.org](mailto:randy.wilber@usoc.org)  
 719-866-4528

### Chula Vista Olympic Training Center:

Michael Shannon, M.S.  
[michael.shannon@usoc.org](mailto:michael.shannon@usoc.org)  
 619-482-6144



# Global Drug Reference Online



If you frequent USADA's website, you will notice a change with Drug Reference Online (DRO). What you previously knew as DRO will now be known as Global Drug Reference Online (Global DRO). Thanks to the partnership between UK Sport, the Canadian Centre for Ethics in Sport (CCES), and USADA, visitors can search Global DRO for specific information on medications sold in the United Kingdom, Canada, and the United States.

Global DRO provides information about the prohibited status of specific substances based on the current World Anti-Doping Agency (WADA) Prohibited List. Ingredients and brands will display one of the following:

 **Not Prohibited**

 **Prohibited**

 **Requires Declaration**

The website may look significantly different; however Global DRO functions similarly to DRO, with only a few enhancements. You now have the option to narrow your search results to "brand only," "ingredients only," "exact match only," or "all results." In addition, you can select the medications' nation of purchase (Canada, United Kingdom, or United States) and search for these medications while in the countries listed above.

## How to use Global DRO

1. Choose your sport nationality
2. Search
  - a. After choosing your user type (athlete, coach, etc) and sport, select the "Nation of Purchase" carefully. Brands sold in different countries may contain different ingredients, leading to a different WADA Prohibited List status.
  - b. In the search field, you may enter a brand name, an individual active ingredient or a DIN. (DIN only relates to medications purchased in Canada)
  - c. You may enter a partial string of letters (a minimum of 4 characters), but make sure you match your search result carefully to the substance you are searching.
3. Select a search result option and click search.

Other important things to remember:

- Always record your reference number.
- The In- and Out-of-Competition status will be shown for each ingredient contained in the brand.
- For brands containing multiple ingredients, always refer to the overall status listed at the top of the results page.

The Global DRO is updated regularly and all data is fully verified by pharmacists with experience in the field of anti-doping. Every effort is made to add new medications that emerge on the market in a timely manner. Because of the innovative leadership of CCES, UK Sport, and USADA, and their willingness to work together, Global DRO is an easily accessible and informative tool.



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

# Destination Vancouver



*Life is a journey filled with obstacles, triumphs, and delays. For some, your athletic journey will include a stop in Vancouver, British Columbia, for the 2010 Olympic or Paralympic Games.*

USADA has provided you with anti-doping education throughout your athletic journey and will continue to provide education that promotes true sport, encompassing the principles of fair play, sportsmanship, integrity, and ethics, while informing you of your anti-doping responsibilities during the 2010 Olympic and Paralympic Games.

In order to ensure that all athletes are competing on the same level playing field, the Vancouver Organizing Committee (VANOC) is implementing a state of the art doping control program. During the Olympic and Paralympic Games, all athletes will be subject to urine and blood testing at any time throughout the period of the Olympic and Paralympic Games from the opening of the Olympic Village to the Closing Ceremony. VANOC has enlisted the expertise of USADA and the Canadian Center for Ethics in Sport (CCES) to employ their Doping Control Officers during the period of the Games.

According to the United States Olympic Committee (USOC), National Anti-Doping Policies, and the World Anti-Doping Code, in order to be eligible to compete in the 2010 Olympic or Paralympic Games, athletes must be in the USADA Registered Testing Pool (RTP) for a period of 12 months prior to the start of the Games. If you are not in the RTP and want to compete in the Olympic or Paralympic Games, contact your National Governing Body (NGB) immediately. Any athlete named to a 2010 Olympic or Paralympic Team must be tested within 150 days prior to the Games and must be found to not have a positive result.

When you compete in the 2010 Olympic or Paralympic Games, you will be subject to the World Anti-Doping Code and the 2010 Prohibited List, which is valid beginning January 1, 2010.

The final rules for the Olympic and Paralympic Games will be available in September and USADA will initiate education efforts with those athletes who have worked tirelessly to represent the United States. As the date grows closer for the 2010 Olympic and Paralympic Games, look for USADA to be your resource for anti-doping rules information. Athletes, team leaders, medical support, and other athlete support personnel will be educated through a variety of methods including:

- Webinars
- One page summary document of rules
- USADA Alerts
- Audio PowerPoints
- A specific link on the USADA website dedicated to the 2010 Olympic and Paralympic Games
- Phone Calls
- Other educational materials

USADA wants you to succeed and compete clean at the highest level in your sport fulfilling one goal in your journey. As the 2010 Olympic and Paralympic teams are named, know that USADA is working hard to ensure you are aware of the anti-doping rules that govern the Games.



**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.



**Designer:**

Apex Communications

**Contributors:**

Daniel Eichner  
Nick Esares  
Kelli Feltmann  
Kelley Lynch  
Andy Morrison

**Editor:**

Jennifer Dodd

U.S. Anti-Doping Agency  
1330 Quail Lake Loop,  
Suite 260  
Colorado Springs, CO 80906  
Phone: (719) 785-2000  
Toll-Free: (866) 601-2632  
Fax: (719) 785-2001  
[www.usada.org](http://www.usada.org)

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