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Dan —

Here's a start.
Let me know if you
have more specific
request.

I'd be happy to
follow up.

- Mary Robb

Feeble testing, penalties won't stop steroid scourge

When outfielder Barry Bonds broke into major league baseball 17 years ago, he was a svelte and speedy 185 pounds. Now at age 39, the single-season home-run king displays a muscular, 230-pound physique that has prompted questions about whether he uses performance-enhancing steroids. This past Thursday, Bonds testified before a federal grand jury in California investigating a newly formulated illegal steroid.

Bonds denies using banned chemicals, attributing his late-career power surge to good nutrition and intense training. But he is the latest in a parade of baseball, football, swimming and track and field athletes to testify in the probe of a diet-supplement company accused of supplying the designer steroid tetrahydrogestrinone (THG) by the U.S. Anti-Doping Agency, which oversees drug testing for Olympic athletes.

The substance couldn't be detected in anti steroid tests until an anonymous track and field coach disclosed its existence this past summer. Several other big-name grand jury witnesses are among those accused of violating their sports' bans on using performance-enhancing drugs.

The grand jury is looking into whether the company sold illegal steroids and violated tax laws. Regardless of the outcome of this particular probe, the investigation focuses new attention on the growing threat that the use of steroids poses to the integrity of all sports. It also reveals how ineffective Major League Baseball has been in addressing the scourge.

Policies for steroids vary

In order of toughness, how major sports test and punish for steroid use:

- **Olympics:** Regular testing year-round. A violation brings a two-year ban.
- **NFL:** Year-round testing. A first violation brings a four-game suspension.
- **NCAA:** Year-round testing in football and track and field, and testing at post-season championships for all sports. Violators lose a year of eligibility.
- **NBA:** Periodic testing. A first violation brings a five-game suspension.
- **MLB:** A new regime of random testing starts next season. A first violation triggers treatment, education and more testing. A fifth violation brings a one-year suspension.
- **NHL:** No testing program.

The Olympics, pro football and basketball and NCAA sports have rigorous testing for steroid abuse. But baseball's owners, while mouthing support for the idea, long have been loath to push the issue in fractious labor negotiations with the players union. The union has resisted tougher testing on principle. Under laughable new rules, a steroid user can be caught five times before facing a one-year ban from the sport.

Such ambivalence carries a high price:

- In addition to distorting the playing field and putting the credibility of sports records in doubt, steroid use is dangerous for users. Heart and liver damage, psychological dependence and aggressive behavior are among well-established effects.
- Sports stars' blatant use of steroids encourages teenage wannabes to do likewise.
- Baseball's lack of will to stay on top of the problem discourages athletes from reporting new steroids that can foil testing. Just such a tip about

THG allowed scientists to develop a new test that now can detect it.

In Major League Baseball, officials finally admitted last month that between 5% and 7% of the tests in its first anti-steroid survey this year came back positive. That may sound small, but it is the equivalent of two teams on steroids.

Olympic doping experts, who've been combating steroid cheats for decades, say the baseball figure is four times the usual average across all sports.

Giving the issue the seriousness it deserves, Olympic sports now impose a two-year ban on anyone caught using steroids. And on Sunday, the governing body for track and field competition in the USA approved a lifetime ban for steroid cheaters.

To some, that may sound draconian. But meaningful testing and penalties are long overdue. Without both, the health of athletes and the integrity of sports competition are at risk.



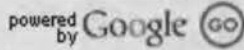
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Policy is 'real progress'...

By Robert Manfred

A number of years ago, Commissioner Allan H. Selig convened a meeting in Milwaukee to address the issue of performance-enhancing substances in baseball. The commissioner's policy directive was clear and unequivocal: Baseball should have a **zero-tolerance** policy with respect to the use of these substances. **The challenge was to develop a strategy that would move baseball's various constituencies, including the major league clubs, the minor league clubs, the players and the players association, toward this policy objective.**

The first step was the development of a uniform drug policy for the minor leagues. **In 2001, Major League Baseball adopted a uniform policy applicable throughout minor league baseball. It not only bans drugs of abuse, but also all steroids, as well as the nutritional supplement androstenedione. Since 2001, the policy has been amended to ban other nutritional supplements thought to be harmful, including ephedrine.**

Consequences ↓
Under the policy, **players are tested on a random, unannounced basis three times a year.** Testing can take place in **spring training, during the season or during the off-season.** Upon a second positive test, players are subjected to suspensions that escalate from 15 games to a permanent suspension, depending on the number of offenses. **Fines also can be imposed.** Progress at the major league level could not come as quickly. **Under the National Labor Relations Act, drug testing is a topic subject to collective bargaining with our players association.** As part of the agreement reached in 2002, major league players were subjected to steroid testing for the first time during 2003.

Next year, random, unannounced testing of players will continue, but players testing positive will face serious disciplinary consequences. A second positive test result for steroids will result in a 15-day suspension, with longer suspensions of up to one year imposed for additional offenses. Suspensions are without pay. For example, a player earning the average major league salary will lose \$190,000 during a 15-day suspension.

The major league policy represents real progress on the issue of getting to zero usage of performance-enhancing substances. We intend to work with our players association to continue to address this serious issue.

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Second Major League Prospect Banned for Doping REUTERS

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COLORADO SPRINGS, Colorado (Reuters) - Montreal Expos prospect Terrmel Sledge has been banned from international competition for two years after testing positive for a banned steroid, the United States Anti-Doping Agency said on Tuesday.

An outfielder in the Expos farm system, Sledge becomes the second baseball player this year to fail a drug test following a two-year ban handed down to Anaheim Angels pitching prospect Derrick Turnbow last week.

The United States Anti-Doping Agency (USADA) said Sledge, 26, tested positive for norandrosterone and noretiocholanolone during a training camp in October for the Olympic qualifying tournament.

Norandrosterone and noretiocholanolone, metabolites of prohibited anabolic agents, are banned under the rules of the International Baseball Federation (IBAF).

Sledge was suspended for two years from all sanctioned competition, beginning October 16, 2003, the date the laboratory reported the positive result.

Neither Sledge nor Turnbow face additional sanctions from Major League Baseball which will begin testing players for banned substances this season.

Under suspensions and fines laid out in the collective bargaining agreement first time offenders will be placed in treatment and education programs and be subject to additional testing.

A second positive test will result in a maximum 15 day suspension and \$10,000 fine while anyone testing positive five times will face a possible one-year ban and \$100,000. All the suspensions would be

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SPORTS AND DRUGS Fans' conflicting responses toward steroid use

Monday, December 29, 2003

San Francisco Chronicle

▶ CHRONICLE SECTIONS

Ron Kroichick, Chronicle Staff Writer



-chart attached

In the two-plus months since an international sports-doping scandal began splashing "steroids" and "BALCO" and "grand jury testimony" into headlines, one element has been missing: any overt sign of fan outrage.

Ethically, few question the value of ridding sports of performance-enhancing drugs. They present abundant health risks, send a dangerous message to young people and distort competition, where the outcome of games could be determined by drugs as much as by humans.

But this is not simply a matter of ethics. Leagues such as the NFL and Major League Baseball are multibillion dollar businesses, with an enormous economic investment in the games on the field. Professional athletes have huge incentive to succeed, with multimillion dollar contracts at stake.

Fans have such a deep emotional investment in sports, they often do not want to believe their heroes are cheating to gain an edge. Those fans also watch raptly as big, strong football players engage in fast-paced, hard-hitting games. They revel in big, strong baseball players clobbering pitches into orbit and chasing once-hallowed records.

Public opinion is instrumental in this whole equation, because it helps shape how vigorously sports leagues and federations try to curtail the problem. As revelations of steroid use have surfaced, it's clear the perspective of fans covers the gamut.

For example, a New York Times poll earlier this month found that 61 percent of Americans said they were bothered by the use of steroids among pro athletes. Younger adults showed less concern, with 41 percent of people under age 30 saying there are "not bothered at all" by the idea.

These conflicted attitudes were evident before a recent Raiders game. Most fans approached by The Chronicle offered tepid condemnation of athletes who use steroids. Some suggested more severe punishments might deter use. One advocated making steroids legal for pro athletes.

Virtually all of the fans made a vital distinction: They acknowledged their feelings would not prevent them from watching sports.

Lamarr Kelley, who spoke as he threw a football to his 6-year-old son Kailen in the Coliseum parking lot, downplayed the significance of four Raiders players testing positive for THG, the designer steroid at the heart of this doping scandal. Kelley figured those players simply had the misfortune of getting caught and that the use of such drugs extends beyond his favorite team.

"It doesn't change the games for me," said Kelley, who lives in Oakland. "It's a problem that needs to be resolved, but that's not going to stop me from coming out here."

The issue of steroids in sports is reaching what one expert called "critical mass," given the discovery of THG and the ongoing investigation of BALCO, a Burlingame nutritional laboratory. That has focused attention on sports bodies' policies on performance-enhancing drugs.

Earlier this month, USA Track and Field adopted a policy calling for a lifetime ban for first-time steroid users, a move reflective of Olympic sports' long history of doping scandals. The NFL and Major League Baseball are newer players on the scene; the NFL started drug testing in the late 1980s, and MLB and its mighty Players Association instituted their program only earlier this year, to ringing criticism.

But if consumers are still spending money on the product, there is little practical incentive for the leagues to take a stronger stance. In some respects, they are behaving for the good of the business.

"I have come to the strongly held conclusion that

the fans don't care," said Charles Yesalis, a professor of health and human development at Penn State and a widely recognized expert on steroids. "If they care so much, would they turn off the television set? If market share and TV ratings drop, the concurrent event would be plummeting revenue. Then (the leagues) would come after this problem with a passion."

Yesalis has an improbable ally in 49ers general manager Terry Donahue, who agreed it would take some measure of fan outrage to cause significant change. Donahue praised the NFL's drug-testing program, saying he was impressed with its diligence and scope. The program involves the kind of year-round, unannounced, random testing experts agree is necessary to deter use.

Even so, Donahue takes issue with the penalties levied upon players found to have used banned substances. One positive test leads to a four-game suspension, a second positive test costs the player six games and a third positive test brings a one-year suspension.

In other words, the NFL system is far more imposing than baseball's meek penalties -- only counseling for first-time offenders and the possibility of five positive tests before a one-year suspension - and far less severe than track & field's lifetime ban.

"Personally, I think the punishment for those violations is nowhere near significant enough," Donahue said. "A player has conceivably changed his economic value by millions of dollars and the worst that happens is you're suspended for four games? Until they re-assess the penalties, I don't think we're going to get (steroid use) stopped."

Tantalizing rewards

There is little mystery behind the temptation for athletes to use steroids: They increase muscle mass and allow for quicker recovery from workouts. It requires no sixth sense to see how such drugs would help an accomplished hitter swat the ball farther into the distance, or a linebacker toss aside would-be blockers.

Even if steroids carry well-documented health risks and are illegal without a prescription, the possible rewards -- fame and wealth -- are tantalizing.

So the central question becomes this: Given the financial stakes, through television contracts and sponsorships and gate receipts, how much do the

leagues really want to wipe out something that might contribute to hard-hitting football and homer-happy baseball?

Sports in the 21st century is entertainment, after all, as much as it is competition.

"One might strongly argue that doping creates the entertainment," Yesalis said. "It enables bigger-than-life people doing bigger-than-life things, which is what sells. ... I think drug-free sports would be damaging to the business. It would be a dramatic step ahead ethically -- but this isn't about ethics, it's about big business."

As evidence of his position, Yesalis pointed to what he called the "chump change" sports bodies contribute to research toward closing the loopholes in drug testing. The U.S. Anti-Doping Agency (USADA), the independent organization that handles drug testing for Olympic sports, budgets \$2 million annually for anti-doping research.

NFL spokesman Greg Aiello said the league has contributed several hundred thousand dollars to research projects over the past several years, in addition to providing money through NFL Charities. Spokesman Patrick Courtney said Major League Baseball annually contributes between \$165,00 and \$200,000 to drug-testing research.

Those TV contracts, meantime, pump tidal waves of money into sports. The NFL's network deals generate \$2.2 billion annually. Major League Baseball's contracts with Fox and ESPN provide about \$560 million per year. NBC bought the U.S. rights to the 2010 and 2012 Olympics for a record \$2.2 billion.

← financial incentives

In baseball, home runs sell, from the Mark McGwire/Sammy Sosa show of 1998 to Barry Bonds' 73-homer stampede three years later. It stretches beyond those Herculean sluggers: There were only 16 50-homer seasons between 1901 and '94, but there were 18 such seasons in the next eight years. No player hit 50 last season, in the first year of drug testing.

M.L.B.

* a look @ the stats @ advent of steroids

As the homers soared over the fence, attendance climbed steadily in the years after a labor dispute wiped out the 1994 World Series. Many factors contributed to this surge in offense and renewal in the game's popularity, from smaller ballparks to diluted pitching to possibly lively baseballs.

It's also naive not to think steroids belong in the

Steroids - as an ethical question

mix.

"Anabolic steroids have been very, very good to the baseball owners," Yesalis said. "I don't think that's even arguable."

Transforming attitudes

Other experts share Yesalis' concerns but not his cynicism. Gary Wadler, an associate professor of medicine at New York University, insisted sports fans do care about this problem, and that growing public pressure could force leagues into action.

Dr. Andrew Pipe, of the Canadian Center for Ethics in Sport, finds hope in his country's response to sprinter Ben Johnson's positive steroid test at the 1988 Summer Olympics. That scandal transformed attitudes in Canada, sparking an investigation by the Dubin Commission and leading to the foundation of the Center for Ethics in Sport, a strong national anti-doping organization.

Wadler suggested any solution in the U.S. will also involve ethics and education. He sees the next few years as a prime chance, with steroids at the forefront of public debate. In October, senators Joseph Biden and Orrin Hatch sponsored legislation to classify THG and similar substances as illegal under the federal Controlled Substances act.

On the Hill
←

"This is our Ben Johnson moment, our chance for national reflection," Wadler said.

Frank Shorter welcomes the moment. Shorter, the 1972 Olympic gold medalist in the marathon, was the founding chair of USADA, which he considers "the template" for other sports seeking to become serious about curbing performance-enhancing drug use.

Until major U.S. sports leagues create independent agencies to enforce anti-doping rules, Shorter suggested, skepticism will linger.

← Expressing a need for Leagues to have independent agencies to enforce anti-doping rules

"Obviously, it's an ethical question," he said. "And how quickly and ethically you act correlates directly with how much conflict of interest you have."

That's true on many levels, including tailgate parties in the Coliseum parking lot. While many Raiders fans spoke of the need to crack down on steroids in sports, they also showed their allegiance. One fan, Dave Zakoian of Brentwood, said he thought the league was picking on the Raiders by leaking the names of the four Oakland players who tested positive for THG.

Mark Perdue, also of Brentwood and wearing a black, No. 53, Bill Romanowski jersey -- Romanowski is one of those four players -- put his mixed feelings on full display.

"If it's found Romo was taking illegal drugs, that's not right," Perdue said. "But I won't stop (liking him) now, because he's on my team."

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A contentious 2003 is cause for quiet



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As the sports year draws to a close, I have just one request: Will everyone please pipe down?



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Have we ever argued more about sports than we did in 2003? Heroes and villains polarized us unlike any year since at least 1994, when Tonya Harding (news - web sites) and O.J. Simpson serendipitously entered our lives within six months of each other, lucky us.

There was more black and white and less gray in sports during this calendar year than in any other in recent memory.

May we introduce Hootie Johnson as Exhibit A?

Back in 2002, his foreshadowing "point of a bayonet" fighting words got us off and running toward 2003. As there was no middle ground from him, there could be no middle ground for him. Battle lines were drawn and the sports world grew to either love him or despise him. It was as if a new store popped up outside the grounds of Augusta National: Visceral Reactions R Us.

While the Hootie-Martha clambake certainly was one for the ages, how do we explain the killjoys, some with long putters in their hands, others with radio microphones in front of their faces, who publicly rooted for the failure of a polite, delightful, wouldn't-

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hurt-a-flea role model named Annika Sorenstam ([news - web sites](#))?

Or how about this one, perhaps the worst of all: How the kindest, least demanding fans on earth - the people who cheer for the Chicago Cubs ([news](#)) - forgot their manners and went to pieces when a fellow fan had the temerity to join other spectators in reaching out for a foul ball? Here's hoping Steve Bartman has a kinder, gentler new year, filled with free season tickets and an invitation to throw out the first pitch at the home opener.

Perhaps we can blame all this on Rush Limbaugh.

This was the year he entered the national sports media. It also was the year he exited the national sports media. The entire span of his national sports broadcasting career, from first utterance to last, took less than two months. Limbaugh has the uncanny ability to bring out the worst in all of us. So, just maybe, it's all his fault.

And I haven't even mentioned the name "Kobe" until now.

Does anyone think anymore, or do they just scream? *He's innocent! No, he's guilty!*

Does anyone know what they don't know? Does anyone change his or her mind anymore?

It was a year of the haves vs. the have-nots, which certainly didn't lessen the tension: The BCS big boys against the MAC and other smaller conferences in college football; the Red Sox and the Cubs not making the World Series ([news - web sites](#)) (again), while the Yankees did (again); and the ever-escalating battle of the sexes, be it women on the PGA Tour, or the tug-of-war over Title IX, or the ups and downs of women's professional leagues in a very crowded sports marketplace.

Perhaps we know too much.

With sports highlights at our fingertips, we see it all before we go to sleep every night. It used to be that something was left to the imagination. Not anymore. It has become so bad that we turn the petulance of the disgruntled running back on the national championship team (that would be Ohio State's Maurice Clarett) into a national morality play.

I think we all need to find a hobby.

But all is not lost.

Our interest in the burgeoning designer steroid controversy of 2003 certainly is well placed. It is not a bad thing to determine, once and for all, if major league baseball is riddled with steroid use. The THG scandal should force baseball to finally begin to exorcize the demons of its past. If it does, in the future, this story rightfully will be viewed as one of the year's most memorable.

It's also reasonable for us to be intrigued by LeBron James and Carmelo Anthony this year, just as we once were by Magic Johnson and Larry Bird. The same goes for Andy Roddick and the Williams sisters, even if they often look to be preparing more for a guest-hosting gig on *Letterman* than the upcoming Australian Open ([news - web sites](#)).

Needless to say, it was a year of quirks, especially in golf. Tiger Woods is, of course, the best golfer in the world, but every Tom, Dick and Harry seemed to beat him at the men's majors. Actually, it was every Mike, Jim, Ben and Shaun.

But Annika overshadowed them all. When the financial cable networks were tracking her progress right under the Dow during the week of the Colonial, you knew something definitely was up.

As we now move onto 2004, to prepare for the furor over the mythical national championship in college football, more shouting over Augusta and countless battles as yet untold, let all of us sports fans offer ourselves the most fitting of New Year's resolutions: A moment of silence.

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Sports - USATODAY.com

Hirings, performances shed positive light on dark year



Wed Dec 24, 9:05 AM ET

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By Tom Weir, USA TODAY

2003 Sports Year-In-Review

No, 2003 did not give us a Miracle on Ice, a Tiger Slam or some monolithic statistic that will stand Everest-like in the record books for decades to come.



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So at the moment, winter melancholy perhaps makes it logical to obsess over what seems like a yearlong clutter of jurisprudence and brainless coaches messing up the sports section.

But history suggests dire evaluations of this year eventually will morph into a different memory, just like a 2003 baseball season that began with chest-thumping proclamations about the evil of Sammy Sosa's corked bat yet ended with a nation's eyes affectionately glued to Wrigley Field and Fenway Park.

After all, do we remember 1986 as the year Lenny Bias overdosed or as when Mookie Wilson and Bill Buckner made The Curse seem for real?

What did happen in 2003 to renew our faith in sports? Well, Steve Bartman didn't get lynched, nor was a single day of the pro sports calendar sacrificed to management and labor wars.

Yes, that's faint praise. But this was a year when many of the best stories were painted

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with only a gray undercoat. Given time, 2003 eventually might be looked upon as the year when the best athletes of the 21st century got their start.

Start with LeBron James and Carmelo Anthony. The last time the NBA was so poised to slap an exclamation point on its timeline was when the basketball stork delivered Magic and Bird in 1979.

Youth is the straw that stirs sports expectations, and this year Michelle Wie in golf and Freddy Adu in soccer helped LeBron and Carmelo keep it in perpetual motion.

Andy Roddick appeared to shine a light on the dawn of his tennis era at the U.S. Open ([news - web sites](#)), just as Pete Sampras was ending his with proof that even robots can cry.

Mark Prior served notice his generation does indeed have a chance to produce a 300-game winner, and Jon Gruden gave his old-school profession a Chucky-like sneer while becoming the youngest coach ever to win a Super Bowl.

But youth's best moment came thanks to 72-years-young Jack McKeon, who snuffed his ever-present cigar in the face of conventional wisdom and let 23-year-old Josh Beckett decide the World Series ([news - web sites](#)) on three days' rest.

And though fans in New York and Oakland might disagree, any year that leaves a scowl on the faces of George Steinbrenner *and* Al Davis can't be all bad.

As for all the crime-blotter mess, it obscured recognition of some housecleaning that may turn out to be meaningful.

Detection of the "designer steroid" indicates chemists are catching up with cheaters. And baseball's baby step on testing for steroids is the first ray of hope that the prestige of 60-homer seasons no longer will be diminished by serving them up like popcorn.

Thanks to the collective efforts of the football teams of Southern California, LSU and Oklahoma, the BCS was outed as a scourge of the computer age, and anything that distances microchips from the field of play has to be called progress.

For those who treasure sports as an escape from the blowhard world of politics and private agendas, the departure of Rush Limbaugh from ESPN was a detoxifying move even the EPA can't match.

Records didn't fall in 2003, but barriers did. The hirings of Sylvester Croom as head football coach at Mississippi State and Damon Evans as athletics director at Georgia were firsts for African-Americans in the Southeastern Conference, bringing a long-overdue end to that league's plantation image.

Marvin Lewis' resuscitation of a Cincinnati Bengals ([news](#)) franchise that spent the 1990s on life support echoed that spirit in pro football.

In golf, Annika Sorenstam ([news - web sites](#)) teed it up with the men, and that exaggerated sigh of relief she released upon nailing the fairway with her first tee shot at the Colonial was a lesson in grace that Hootie Johnson might want to study.

Tom Watson was equally instructive, not using his pair of titles in senior majors to renew endorsement contracts but rather to heighten awareness about the Lou Gehrig's disease ([news - web sites](#)) that struck his caddie.

Neil Parry provided equal inspiration. Three years after his leg was amputated below the knee, he returned to the football field for San Jose State and redefined the meaning of special teams.


In a year dominated by military maneuvers, sports also had one, as "The Admiral" set sail on retirement with one more NBA championship ring. David Robinson's title with the San Antonio Spurs ([news](#)) was not a repeat affair, a changing of the guard that extended to the NFL, MLB, NHL and football and men's basketball in college.

If you're a populist who likes parity, Syracuse and double-overtime winner Ohio State helped make your year.

If not, you still had that two-wheeled dynasty who defied the Alps, Lance Armstrong.

Maybe that's the enduring image of 2003. An uphill battle all the way.

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📌 Drugs: Americans are bothered by illicit aid

Jere Longman and Marjorie Connolly Wednesday, December 17, 2003
NYT

Most Americans are troubled by performance-enhancing drugs, which they believe are widely used by the nation's athletes, according to the latest New York Times Poll.

According to the poll, the public believes that professional athletes in major American sports leagues use steroids to a greater degree than American Olympic athletes do. But the prospect of achievement through illicit means in the Winter and Summer Games is more troubling, the poll indicates.

Also, younger Americans are much less troubled by drug use in sports and believe it to be more widespread than do Americans age 30 and above, according to the poll.

After recent revelations about the use of performance-enhancing drugs in football, baseball and track and field, 43 percent of those polled said they believed that at least half of professional athletes in the United States use steroids. In comparison, 18 percent of those surveyed said they believed that at least half of American Olympic athletes use banned performance-enhancing substances.

William Shuman, 68, a retired teacher and avid sports fan from Rancho Palos Verdes, California, said in a follow-up interview that he was troubled by drug use in professional sports leagues and in the Olympics. Athletes use drugs because of greed, he said.

"I think that historically you look at all the records that have been set by athletes we assume had not been using steroids for enhanced performance," Shuman said. "So all of a sudden now we see that a lot of these guys are using them - the home-run hitters, the guys who can run faster than anyone else. It takes away from the feeling that there's an athlete who's doing his very best and that's what his best is, not enhanced by some artificial stimulant that allows him to be a Superman out there."

While 61 percent of Americans said they were bothered by the use of steroids among professional athletes, 75 percent said they were concerned about the use of performance-enhancing drugs among Olympic athletes. This response seemed to be based partly on the ideal that American Olympic sports are purer than professional sports, and on the widely held belief that Olympic athletes are still amateurs.

"It's pure and clean," Jason Mannino, 32, a tax assessor from Lewistown, Pennsylvania, said of the Olympics. "We want these kids to be all on the same playing field. A lot of these kids are trying to make a name for themselves purely on their athletic ability, and they're not getting high-dollar contracts to perform. They're performing out of pride for the country and out of pride for getting a gold medal."

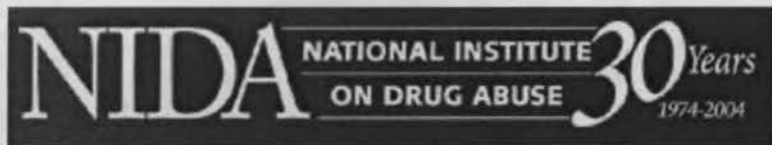
In fact, the Olympics have been open to professional athletes since the late 1980's. And most of the drug scandals in recent years have involved sports related to the Olympics.

"It's more that I almost expect it in pro sports than in the Olympics," said Larry Hollis, 54, a sales executive from Milwaukee. "In a lot of ways the Olympics are held in a higher standard, or at least I expect it to be."

Younger adults expressed less concern about drug use than older adults. Forty-one percent of people under 30 are not bothered at all by the idea that pro athletes use steroids. Only 34 percent of those age 30 and older are not bothered. The New York Times

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Research Report Series - Anabolic Steroid Abuse

What are anabolic steroids?

"Anabolic steroids" is the familiar name for synthetic substances related to the male sex hormones (androgens). They promote the growth of skeletal muscle (anabolic effects) and the development of male sexual characteristics (androgenic effects), and also have some other effects. The term "anabolic steroids" will be used through-out this report because of its familiarity, although the proper term for these compounds is "anabolic-androgenic" steroids.

Anabolic steroids were developed in the late 1930s primarily to treat hypogonadism, a condition in which the testes do not produce sufficient testosterone for normal growth, development, and sexual functioning. The primary medical uses of these compounds are to treat delayed puberty, some types of impotence, and wasting of the body caused by HIV infection or other diseases.

During the 1930s, scientists discovered that anabolic steroids could facilitate the growth of skeletal muscle in laboratory animals, which led to use of the compounds first by bodybuilders and weightlifters and then by athletes in other sports. Steroid abuse has become so widespread in athletics that it affects the outcome of sports contests.

Commonly Abused Steroids

| Oral Steroids | Injectable Steroids |
|---------------------------------|--|
| ■ Anadrol (oxymetholone) | ■ Deca-Durabolin (nandrolone decanoate) |
| ■ Oxandrin (oxandrolone) | ■ Durabolin (nandrolone phenpropionate) |
| ■ Dianabol (methandrostenolone) | ■ Depo-Testosterone (testosterone cypionate) |
| ■ Winstrol (stanozolol) | ■ Equipoise (boldenone undecylenate) |

More than 100 different anabolic steroids have been developed, but they require a prescription to be used legally in the United States. Most steroids that are used illegally are smuggled in from other countries, illegally diverted from U.S. pharmacies, or synthesized in clandestine laboratories.

What are steroidal

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supplements?

In the United States, supplements such as dehydroepian-drosterone (DHEA) and androstenedione (street name Andro) can be purchased legally without a prescription through many commercial sources including health food stores. They are often referred to as dietary supplements, although they are not food products. They are often taken because the user believes they have anabolic effects.

Steroidal supplements can be converted into testosterone (an important male sex hormone) or a similar compound in the body. Whether such conversion produces sufficient quantities of testosterone to promote muscle growth or whether the supplements themselves promote muscle growth is unknown. Little is known about the side effects of steroidal supplements, but if large quantities of these compounds substantially increase testosterone levels in the body, they also are likely to produce the same side effects as anabolic steroids.

What is the scope of steroid abuse in the United States?

Recent evidence suggests that steroid abuse among adolescents is on the rise. The 1999

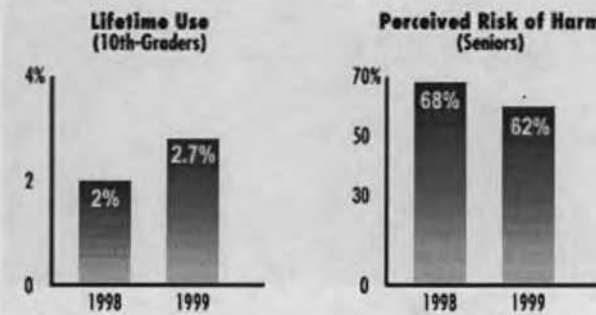
Monitoring the Future study, a NIDA-funded survey of drug abuse among adolescents in middle and high schools across the United States, estimated that 2.7 percent of 8th- and 10th-graders and 2.9 percent of 12th-graders had taken anabolic steroids at least once in their lives. For 10th-graders, that is a significant increase from 1998, when 2.0 percent of 10th-graders said they had taken anabolic

steroids at least once. For all three grades, the 1999 levels represent a significant increase from 1991, the first year that data on steroid abuse were collected from the younger students. In that year, 1.9 percent of 8th-graders, 1.8 percent of 10th-graders, and 2.1 percent of 12th-graders reported that they had taken anabolic steroids at least once.

Few data exist on the extent of steroid abuse by adults. It has been estimated that hundreds of thousands of people aged 18 and older abuse anabolic steroids at least once a year.

Among both adolescents and adults, steroid abuse is higher among males than females. However, steroid abuse is growing most rapidly among young women.

From 1998 to 1999, the Monitoring the Future Survey reported an increase in lifetime use of steroids among 10th-graders and a decrease in perceived risk of harm among seniors.



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FEATURE STORY

New Designer Steroid Detected Among Top Athletes

Posted: 11.05.03

A budding steroid scandal may lead to the downfall of some of the world's top athletes and to policy changes among prominent sports organizations.

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A new steroid, designed to go undetected in drug screens, has been found in the urine samples of several prominent U.S. and international athletes.

The United States Anti-Doping Agency, the agency that monitors drug testing for U.S. Olympic athletes, has refused to name the American athletes who have tested positive.



Sprinter Marion Jones is one of many elite athletes called to testify for a grand jury.

Meanwhile, a grand jury investigating the company accused of manufacturing the drug has heard from stars like sprinter Marion Jones and baseball players Jason Giambi and Barry Bonds, who were subpoenaed to testify as witnesses.

Because steroids, illegal performance-enhancing drugs, are banned by most athletic organizations because they provide athletes who use them an unfair physical advantage, the discovery could put a stain on the careers of some of the sport world's top athletes, including lifetime bans from competition and dismissal from future Olympic Games.

How the drug was discovered

Officials may never have discovered the drug had one coach not blown the whistle.

In June someone anonymously sent a vial of clear liquid to the Olympic drug testing laboratory at the University of California at Los Angeles and suggested that chemists test the liquid for an undetectable steroid.

After months of tests, the lab discovered the steroid tetrahydrogestrinone, or THG, in the liquid. According to UCLA chemists, the drug had been specifically designed to go undetected. The chemists then developed a test for the drug and worked with Anti-Doping officials to begin testing past

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urine samples of various athletes. According to officials, "several" athletes have tested positive.



"What we have uncovered appears to be intentional doping of the worst sort," USADA head Terry Madden told the BBC.

"This is a conspiracy involving chemists, coaches and certain athletes using what they developed to be undetectable designer steroids," he said.

Officials believe the steroid was developed and distributed by the Bay Area Laboratory Cooperative, a company also known as BALCO that normally provides nutritional supplements and vitamins to athletes. Though the company's president has denied creating such a drug, the federal Food and Drug Administration, and the IRS investigating the company for tax evasion, raided the company's offices in September.

The use of steroids among athletes

The use of steroids has caused trouble for some of the world's best athletes in the past. In 1998, at the height of his bid for the homerun record, baseball star Mark McGwire admitted to using the muscle-enhancing steroid Androstenedione, a drug banned by the NFL and the Olympics but not by major league baseball.

In 1988, Olympic officials stripped Canadian runner Ben Johnson of his gold medal and world record at the games in Seoul, Korea, after he tested positive for steroids. Johnson was banned from competition for life.

Officials at the Olympic lab at UCLA told The New York Times that the probability that athletes are still using other undetectable designer steroids is high.

"This might be the tip of the iceberg," said Dr. Caroline Hatton, a chemist at the lab. We hope to learn more in a few days, weeks, months. We're a little afraid of what we don't know and may never learn."



Following the discovery of THG, several athletic organizations have taken steps to discourage their athletes from taking the drug. The International Olympic Committee added THG to their list of banned substances and warned that they will test for the drug at the 2004 Athens Games; USA Track & Field officials have proposed a plan that would place a lifetime ban and a fine of up to \$100,000 on any athlete who tests positive for steroids; and International Ski Federation officials and Rugby World Cup officials have said they will test competitors in the

coming season, according to the Associated Press.



Baseball player Barry Bonds was subpoenaed to testify as a witness for a grand jury.

In Congress Sen. Joseph Biden (D-Del.) and Utah Republican Sen. Orrin Hatch have introduced joint legislation that would make THG and Androstenedione illegal under the federal Controlled Substances Act.

A grand jury meeting in San Francisco will continue to question athletes as it tries to decide whether to bring charges against BALCO.

-- Kristina Nwazota, Online NewsHour

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Track and field body faulted over doping charges

Maker of substance in question says it's safe, legal

Friday, October 17, 2003 Posted: 10:36 PM EDT (0236 GMT)

(CNN) -- With allegations of a doping conspiracy threatening to tarnish a number of Olympic athletes, the U.S. Olympic Committee criticized track and field's governing body Friday, saying it has put the "credibility of the sport" at risk.

The reaction comes a day after the U.S. Anti-Doping Agency said several track and field athletes tested positive for THG, or tetrahydrogestrinone -- a laboratory-created compound made with gestrinone, an anabolic agent on the prohibited substance list.

"We are not satisfied with the action that has been taken to date by them," acting USOC President Bill Martin said of the USA Track & Field leadership.

"This is a problem rooted in both perception and reality, and it is a problem related to doping, athlete conduct, and the credibility of the sport."

If true, the Anti-Doping Agency's charges could weaken the field of athletes competing at the 2004 Summer Olympics in Athens, Greece.

USA Track & Field lauded "the U.S. Anti-Doping Agency's initiative to identify and pursue possible drug cheats.

"It is vital that we continue to proactively root out cheaters and those individuals who encourage cheating," the organization said in a statement Friday. "This sets a standard for other Olympic and professional sports to follow and helps protect the reputations

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GAP PHOTO/FILE

The U.S. Anti-Doping Agency's Terry Madden: "What we have uncovered appears to be intentional doping of the worst sort."

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of the vast majority of track athletes who are not cheating."

Victor Conte, president of the California company that manufactures THG, tells CNN the substance in question is not a controlled substance and is not illegal.

If THG is determined to be a banned substance, athletes who test positive for its use face a mandatory two-year suspension from competition, making them ineligible for the games.

Olympics

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The International Association of Athletics Federations acknowledged Friday that the agency had notified it of the investigation and said that "cases are currently under due process."

The U.S. Anti-Doping Agency said it also contacted the U.S. Justice Department "because this information pointed to potentially illegal activity by the distributor of a controlled substance."

"What we have uncovered appears to be intentional doping of the worst sort," according to a statement from Terry Madden, the agency's chief executive officer.

"This is a conspiracy involving chemists, coaches and certain athletes using what they developed to be 'undetectable' designer steroids to defraud their fellow competitors and the American and world public who pay to attend sporting events."

The agency identified THG from a syringe provided by a person said to be a high-profile track and field coach.

That person told the U.S. Anti-Doping Agency that the steroid was provided by Conte, president of Bay Area Laboratory Co-Operative in Burlingame, California, near San Francisco, according to the agency.

In three e-mails to CNN, Conte criticized the U.S. Anti-Doping Agency's statements.

He said there is not a "single shred of evidence" to support the notion that the substance produces anabolic effects -- those that promote tissue growth.

He also said his laboratory "is not the source of the substance found as reported by USADA."

"In my opinion, USADA is really making a scientific stretch by suggesting that [the substance] is closely related to an anabolic steroid. Please understand that, in terms of structure, heroin is related to morphine, which is related to codeine, which is related to cough syrup. However, cough syrup does not do what heroin does in terms of effects."

Conte went on to say that "this is about jealous competitive coaches and athletes that all have a history of promoting and using performance-enhancing agents being 'completely hypocritical' in their actions."

"As many will soon find out, the world of track and field is a very dirty business, and this goes far beyond just the coaches and athletes," he said.

New York University professor Dr. Gary Wadler, a member of the World Anti-Doping Agency's health, medical and research committee, said Friday that lab tests used to detect steroids likely missed THG "because they did not know it existed."

"Steroids have been around a long time, and athletes and chemists and those who want to cheat have been looking long and hard to try and get around various drug tests," he said. "This seems to be an example of that."

The U.S. Anti-Doping Agency said the positive results came from testing samples collected at the 2003 USA Outdoor Track & Field Championships as well as samples collected out of competition by the agency.

The U.S. Anti-Doping Agency, an independent group that monitors Olympic sports in the United States, has full authority for testing, education, research and adjudication for U.S. Olympic, Pan American Games and Paralympic athletes. It is responsible for developing a comprehensive national anti-doping program for Olympic athletes in the United States.

The World Anti-Doping Agency, though not directly connected to the U.S. agency, serves a similar purpose on the international level.

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Cautious backing for US plan

World athletics' governing body has welcomed a US proposal to ban athletes for life if they test positive for steroids.



USATF approves lifetime bans

Istvan Gyulai, general secretary of the International Association of athletics Federations (IAAF) said: "It certainly is a positive signal.

"It indicates a desire and wish to show the world that they want to have a clean sport," Gyulai told Reuters.

USA Track & Field, which has been under attack after a series of doping controversies, agreed at its annual meeting to call for lifetime bans.

The decision was immediately denounced as a "grandstand play" by World Anti-Doping Agency (WADA) chairman Dick Pound.

He said: "(USATF chief executive) Craig Masback is a very good lawyer and he knows perfectly well that's unenforceable."

Gyulai agreed lifetime bans would be difficult to enforce in some countries.

Litigation

After a series of court cases, the IAAF congress halved its four-year bans for serious drugs offences in 1997.

"We must be certain that it can be implemented, especially in countries famous for litigation," Gyulai said.

"There were serious difficulties in the 1990s. But the IAAF is very much for world-wide harmonisation."

Gyulai also added his support to Pound's call for USATF to hand over its documents relating to the Jerome Young

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doping case.

The world 400m champion tested positive for the steroid nandrolone in 1999.

But he was cleared by the US federation to compete at the 2000 Olympics where he won a gold medal in the 4x400m relay.



Rogge warns US athletics


His identity was not released until he was named by a US newspaper after winning 400m gold at the World Championships in August.

Although the case is being reviewed by the International Olympic Committee (IOC), the US federation claims it cannot release any information following a Court of Arbitration ruling.

"We would like this to be clarified," Gyulai said. "It's not good in the eyes of the public that this case is dragging on.

"It's very simple - the documents should be made available."

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15 Jan

Athletics: US authority approves drug bans

By Tim Whitmire

08 December 2003

Delegates from the governing body of US athletics, USA Track & Field, yesterday approved overwhelmingly a lifetime ban for athletes who test positive for steroids, but the policy will not take effect until questions about its legality are resolved.

Because the **zero-tolerance plan** imposes penalties tougher than those mandated by the International Associations of Athletics Federations, USATF has asked the world governing body to make sure the new rule is acceptable.

"If the IAAF gave us permission to do this tomorrow, the lifetime ban would go into effect immediately," said the USATF president, Bill Roe.

USATF rules now call for a two-year ban for first-time steroid offenders. Under the plan approved yesterday, first-time offenders and their coaches could face lifetime bans: "We want the rest of the world to adopt this so the whole Olympic movement will clean up," said the sprinter Jon Drummond, a USATF board member.

Since the summer, USATF has been embroiled in controversies over its handling of a 1999 positive steroid test by runner Jerome Young and athletes' use of the newly detected steroid THG. Young was cleared to compete despite a positive test, although he always denied committing an offence, and went on to win gold as part of the 4x400 metres relay team in Sydney.

The US Olympic Committee has threatened to strip USATF of its Olympic charter if it does not address doping and athlete conduct issues. Amid the concern over the sport's future, USATF's 25th annual meeting saw a record attendance of 1,120 coaches, athletes and officials.

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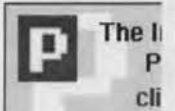
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Stench of steroid scandal hangs over track and field

By DAVID NIELSEN
January 14, 2004

very recent

CORRECTS 13th graf "naive" sted "naove"

Every four years when the Summer Olympics roll around, the publicity-deprived sports of track and field are "rediscovered" by fans and media.

In normal years, track officials and athletes relish this attention like drought-plagued farmers crave a cloudburst. But 2004 is no normal year for track and field - especially in America.

In recent months track and field has been rocked by a scandal that has seen four American athletes test positive for a newly discovered steroid. In addition several other famous athletes - including arguably the biggest track star in the world, Marion Jones - have been called to testify in San Francisco before a federal grand jury investigating a Bay Area laboratory whose founder has been implicated in the steroid mess.

Instead of basking in the results of the 2003 World Championships that saw the Americans win more golds (10) and total medals (20) than any other country, USA Track and Field officials have been buried by bad news emanating from the labs and court room.

To their credit, they are attempting to redirect the attention back to their athletes and the Athens Olympics, now less than seven months away. Next Wednesday in New York City, USATF has invited the media to meet with a group of 15 American Olympic hopefuls, including 2000 Sydney Olympics gold medal-winning sprinter Maurice Greene.

Not surprisingly, none of the track stars who will appear before the media tested positive for

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steroids or were summoned by the grand jury.

Nevertheless, these athletes will be undoubtedly asked about their scandal-tainted colleagues - and with good reason. They are - or were - bona fide Olympic contenders. In a team sport, they'd be considered All-Stars or Pro Bowlers.

Besides Marion Jones, among the track stars that testified before the grand jury were:

- Alvin Harrison, sprinter, Olympic medalist
- Calvin Harrison, sprinter, Olympic medalist
- Tim Montgomery, sprinter, world record-holder, Jones' husband
- Kelli White, sprinter, won two gold medals at the 2003 World Championships
- Chryste Gaines, sprinter, Olympic gold medalist

And the American athletes who tested positive for the steroid THG weren't exactly wallflowers either.

- Regina Jacobs, middle distance runner, 24-time national champion
- Kevin Toth, shot putter, world's longest throw in 2003
- Melissa Price, hammer thrower, 2003 national champion
- John McEwen, hammer thrower, two-time

national champion

Doping officials had never heard of THG until a still-unnamed track coach anonymously sent them a syringe last June. Thanks to that brave tipster, the anti-doping police was able to test for it at the U.S. championships. But what's to stop an underground chemist from creating another untestable steroid derivative? THH or THI anyone?

Perhaps I'm naive or overly idealistic, but I believe that most American track stars are clean. Then again, most of Enron's employees were probably on the up-and-up, too. A lot of good that did them.

Someone once said that too many cooks spoil the broth. In sports, too many cheaters spoil the whole team.

Nowadays when you look at an athlete who proudly proclaims that they've never failed a drug test, you can't help but wonder: Are they

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really clean? Or are they using some vile substance from a vial that 99.999 percent of us doesn't even know exists?

In America, we still believe in the maxim: "innocent until proven guilty." But thanks to the cheaters in track and field, "guilt by association" is picking up steam and gaining ground fast.

(E-mail David Nielsen at nielsend@shns.com. Distributed by Scripps Howard News Service, <http://www.shns.com>)



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What You Should Know About Steroids

KidsHealth > Parents > Nutrition & Fitness > Fitness & Exercise > What You Should Know About Steroids

For the past few years, it's been all over the news - stories about athletes, steroids, and body image. In 1998, there was plenty of talk about home-run king Mark McGwire and his controversial use of androstenedione (which he has since stopped using). Professional wrestlers are much admired by kids and teens for their bulked-up appearance and strength. Female athletes are becoming more visible role models for teen girls, who are more aware than ever of a "buffed" muscular body type.

Unfortunately, many professional athletes use various forms of anabolic steroids (illegally, in some sports) and admit that they believe they are bigger and stronger, and perform better, when they do. This undoubtedly influences many teen boys and girls, who think that they too will be bigger, better athletes if they use supplements and steroids. Recent studies indicate that as many as 5% of teen males and 2.5% of teen females are using some form of anabolic or androgenic steroids in the United States.

As a parent, you're probably concerned about the increasing use of steroids by young athletes and you may even be concerned about your own child's health. What do you need to know about steroids and how can you talk to your child about them?

What Are Steroids?

Drugs commonly referred to as "steroids" are classified as **anabolic, androgenic, and corticosteroids**. Corticosteroids, such as cortisone, are drugs used to control inflammation, and are **not** the steroids that build muscle and receive so much media attention. Rather, it is the anabolic steroids that are used by athletes and bodybuilders to bulk up and improve athletic performance.

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Anabolic steroids are synthetic hormones that cause the body to produce muscle and prevent muscle breakdown. (The word "anabolic" is derived from a Greek word that means to "build up.") Some athletes take steroids in the hopes that they will improve their ability to run faster, hit farther, lift heavier weights, jump higher, or have more endurance. You should be aware that anabolic steroids are a drug like any other. In the United States, it is against the law to use anabolic steroids without a prescription.

← fact checks

Androstenedione, or "andro," is a weaker anabolic androgenic steroid, and, like other anabolic steroids, it is taken by athletes who want to build muscle. It has been suggested in some recent studies that if andro is taken in very large daily doses, it can significantly increase levels of testosterone and muscle proteins that would be extremely harmful to every body system.

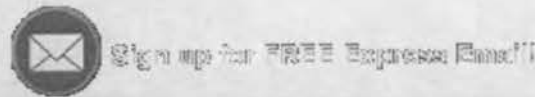
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USADA STATEMENT (Oct. 16, 2003)

*Summary -
Discovery of
THG steroid*

Early in the summer, USADA received a call from a person represented to be a high-profile track and field coach, who provided the names of U.S. and international athletes who he said were using an "undetectable" steroid. The coach subsequently sent USADA a used syringe containing some of this substance. USADA sent the contents of the syringe to the International Olympic Committee accredited anti-doping laboratory at UCLA. Dr. Don Catlin, the head of the laboratory, was able to identify the contents of the syringe and it did contain a designer steroid, which would not have been detectable in normal laboratory testing. UCLA has since developed a test to detect this steroid in athlete urine samples. The steroid, tetrahydrogestrinone (THG), is a designer steroid with a chemical structure similar to other prohibited steroids. In the last few days, several positive 'A' sample results for the steroid THG have now been reported to USADA. These results have come from samples collected in competition at the 2003 USA Outdoor Track & Field Championships and samples collected out-of-competition by USADA. The athletes, USA Track and Field, the national governing body for the sport in the United States, the International Association of Athletics Federations (IAAF) and the U.S. Olympic Committee (USOC) have all been notified of the positive 'A' sample results.

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The track and field coach who provided the syringe to USADA identified the source of the "undetectable" steroid as Victor Conte of BALCO (Bay Area Laboratories Co-Operative) Laboratory in Burlingame, Calif. Because this information pointed to potentially illegal activity by the distributor of a controlled substance, USADA contacted the United States Department of Justice.

"What we have uncovered appears to be intentional doping of the worst sort," said USADA Chief Executive Officer Terry Madden. "This is a far cry from athletes accidentally testing positive as a result of taking contaminated nutritional supplements. Rather, this is a conspiracy involving chemists, coaches and certain athletes using what they developed to be "undetectable" designer steroids to defraud their fellow competitors and the American and world public who pay to attend sports events."

The fact that a track and field coach came to USADA with this information demonstrates the confidence that the sporting community

has in USADA to deter doping in sport. The scientific expertise of the UCLA Laboratory was critical to rapidly identifying and developing a method for the detection of THG in urine samples. The USOC is to be highly commended for its cooperation.

As the anti-doping agency for the Olympic Movement in the United States since October 2000, the United States Anti-Doping Agency's (USADA) mission is to fight doping to (1) protect the health of athletes, (2) create a level drug-free playing field, and (3) preserve the true spirit of sport. USADA is a non-governmental, nonprofit agency independent of the control of any sporting body. Its activities are open and transparent.

To stay ahead of the cheaters, USADA is involved in gathering information on how athletes might be using drugs to cheat and in identifying drugs which the cheaters may think are undetectable. USADA has always strongly encouraged athletes and coaches to come forward to USADA on a confidential basis.

USADA's mission is to fight doping through drug testing, research and education. USADA conducts nearly 6,500 drug tests on top-level athletes annually. These tests take place both in-competition and out-of-competition without notice at the athletes' training sites and homes. In the area of education, last year USADA made anti-doping presentations to nearly 2,000 athletes. USADA's anti-doping educational materials are available on the USADA website (www.usantidoping.org). In the last two years, USADA has awarded more than \$3 million in grants for anti-doping research, which is more than any other anti-doping agency in the world. USADA's research program is focused on those doping substances which are difficult to detect and identifying new doping substances which athletes are using to cheat.

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International stand on Steroids/Athletes
 By Ossian Shine, Olympic correspondent

LONDON (Reuters) - The message to drugs-cheats from Danish sports minister Brian Mikkelsen was unequivocal: "Life for you will be much harder from now."

If threats in the past had proved hollow, Mikkelsen's words uttered at a ground-breaking anti-doping summit in Copenhagen could not have been more prophetic.

Tough new laws to combat doping in sport were set in place in March at a summit in the Danish capital. The World Anti-Doping Agency's (WADA) code was ushered in unanimously by sports federations worldwide and received strong backing from governments globally.

Among its measures was a mandatory two-year ban for serious doping offences, barring 'exceptional circumstances'.

"This declaration may be just a piece of paper but the words in it are golden," Mikkelsen said at the time.

"We have now formed a united front against cheats in sport."

As 2003 drew to a close, a new designer steroid had been unearthed and the net closed around drug cheats.

The swift development of a test for tetrahydrogestrinone (THG), a new substance identified after an anonymous coach sent the U.S. Anti-Doping Agency a syringe containing the drug, rocked track and field in Europe and north America.

Sports bodies hurried to use the test to check samples held in storage from past events.

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Britain's European sprint champion Dwain Chambers ([news - external web site](#)) was suspended in November after testing positive for THG during training. Four as-yet unnamed U.S. athletes also tested positive for the drug.

CRACK DOWN

In the wake of THG's discovery, global ruling body the International Association of Athletics Federations (IAAF) re-tested samples taken at August's world championships in Paris to look for the drug.

Swimming's FINA followed suit and the International Olympic Committee ([news - web sites](#)) (IOC) said it would retroactively test 2002 Winter Olympics ([news - web sites](#)) samples.

USA Track & Field (USATF) unveiled plans to crack down hard on culprits when it revealed its intention to impose life bans on those found guilty of doping, even for a first offence.

The zero-tolerance stance by USATF was greeted with varying degrees of enthusiasm.

The IAAF welcomed the proposal. "It certainly is a positive signal and indicates a desire and wish to show the world that they want to have a clean sport," IAAF general secretary Istvan Gyulai said.

But WADA chairman Dick Pound condemned it as "some kind of grandstand play" while Olympic president Jacques Rogge was somewhere in the middle. "It shows their resolve," he said. "But it is a bit of a knee-jerk reaction...I think we all now know that for a first offence a lifetime ban will not stand up in court."

While the unearthing of THG provided the focus for the campaign against drug cheats it was by no means the only drug issue in the world of sport in 2003.

A number of leading U.S. athletes tested positive for the stimulant modafinil over the northern summer, including sprinter Kelli White and 400 meters runner Calvin Harrison. Doctors use modafinil to treat the sleeping disorder narcolepsy.

PROHIBITED DRUGS

Modafinil, which is related to prohibited drugs, will be classified as a weaker stimulant and placed on WADA's banned list next year.

One unexpected source of positive tests emerged when the governing body of men's professional tennis, the ATP, admitted in July it may have unwittingly fed its players banned performance-enhancing substances.


Internal controls and procedures were immediately tightened after it was discovered that an electrolyte replacement product dispensed to players by ATP trainers may have been contaminated with the banned

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steroid nandrolone.

Czech tennis player Bohdan Ulihrach, banned in May for a positive test for nandrolone, had his two-year suspension, fine of \$43,770 and loss of 100 world ranking points immediately dismissed.

Soccer was also hauled into the fray when FIFA president Sepp Blatter admitted for the first time that his sport faced a growing problem with doping and could no longer be considered "clean."

Manchester United's England international Rio Ferdinand, at 30 million pounds the world's most expensive defender, faced a ban from playing next year after he failed to turn up for a scheduled doping test.

Ferdinand and England were not alone. Several players in Italy tested positive for steroid products, including Perugia's Al-Saadi Gaddafi, son of Libyan leader Muammar Gaddafi ([news](#) - [web sites](#)).

The prognosis for those looking to cheat does not get any better as Rogge is determined to wipe them out and he appealed for help from within sport.

"Quite simply, we need intelligence in the field," he said. "We need people there, in the field of play, who know what is going on, what is happening and who can help us. We need people from every tier across the range of sports."

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The Yearbook of Experts, Authorities and Spokespersons (R)

January 15, 2004 Thursday

LENGTH: 972 words

HEADLINE: Be a 'Killer' **Athlete**; Shoot Up With THG

BODY:

Blind sighted until an anonymous coach turned in a used syringe to them, the USADA (U.S. Anti-Doping Agency) is scurrying to investigate the latest in illegal performance-enhancing anabolic **steroids**; THG (tetrahydrogestrinone). Track and field, football, baseball professionals and Olympic **athletes** as well as any **athletes** in college and other professional sports are being retested in light of the evidence. Undetectable by the usual tests, the drug provides what **athletes** believe is that added "edge" over the competition.

Steroids have traditionally been used by anyone who wanted muscle and power beyond what could be achieved by hours in the gym or on the field. They provided muscle and endurance in a short period of time, but colleges and sports teams as well as The Olympic Committee banned their use and began random testing to insure compliance.

The push was on for the illegal **steroid** purveyors to find a substitute that couldn't be detected easily. They found what they were looking for in THG.

What are the risks of using these drugs beyond the obvious problems they cause users in terms of physical health? "**Steroids**," Dr. Patricia A. Farrell, a psychologist and author said, "are tantamount to the magic beans Jack got for his cow. Neither got what they bargained for and the **steroid** user is in for a lot worse than he/she knows. I've seen patients in hospitals who jumped through plate glass windows while using **steroids**. They are truly dangerous substances, but people who want to be stars, who look up to stars who use them or who think they are the way to athletic scholarships aren't thinking clearly. You have to want something so badly that you're willing to risk everything to get it."

The term "roid rage" has come into common use when **athletes** get out of control during competitions, but there are also other things that **steroids** cause in users.

Damage and Roids

Steroids not only build muscle mass, they:

1. cause masculinization in men and women
2. create a feeling of a false sense of euphoria
3. increase aggression, possibly dependent on dose used
4. diminish the sense of fatigue
5. liver, cardiovascular disorders and sterility
6. depression
7. mania
8. hypomania
9. suicide attempts
10. increased hostility/irritability

The pressure to perform and to perform better than ever, is always on **athletes**. "I've seen high school students who pumped themselves up on caffeine pills to maintain their energy for an activity," Dr. Farrell said.

The push to excel starts in elementary school where doing well in the class and outside it in extracurricular activities emphasizes that "it's not about fun," Dr. Farrell said. "It's about getting ahead in life. If you do well in your academics and you excel in athletics of any kind,

you can earn points on admission to top schools. Some kids only have sports as their means to a college education, so they do what their role models do; they use performance enhancing substances."

The psychological changes as well as the physical changes, according to Dr. Farrell, "should be evident to anyone who knows this person fairly well. Physically, there's the muscle, the loss of breast tissue and changes in the menstrual cycle for females and, often, an outbreak of pimples on the face and body. What is really being done is to push the body beyond its natural limits and when we think how difficult it may be to handle stress in sports or college situations, what can this added 'push' mean? It may mean the difference between leading a normal life or one of increasing inability to interact appropriately with others. It can lead to medals, but it can also lead to violence and serious physical consequences later in life.

*risks
— to
women*

"I think," Dr. Farrell concluded "that anyone who knows the story of Lyle Alzado, the first player to be drafted by the NFL from Yankton College in South Dakota, knows how **steroids** can wreck a life. Alzado died in 1992, at age 42, of brain cancer and he said he felt it was due to the **steroids** he began using in 1969."

A stone marker in a cemetery in Portland, Oregon now symbolizes a life of outstanding accomplishment cut short by **steroids**.

Patricia A. Farrell, Ph.D., is a licensed psychologist, an educator, author, moderator of WebMD's Anxiety/Panic board, a biographee in Who's Who in America and has 25 years experience in the field of mental health. Her professional affiliations have included Mt. Sinai Medical Center in NYC, University of Medicine & Dentistry of New Jersey and Time-Warner Cable where she was the Medical Features Producer.

A well-known psychologist who "pulls no punches," Dr. Farrell has appeared on such major shows as The Today Show, Court TV, The View, The O'Reilly Factor, Inside Edition, Maury, ABC World News, CNN Radio and Newsweek-on-Air, Fox & Friends, The Voice of America and in The Washington Post as well as Redbook, Cosmo, Latina, Self, Shape, Real Simple and other nationally distributed magazines and newspapers.

The latest book by Dr. Farrell, HOW TO BE YOUR OWN THERAPIST: A step-by-step guide to building a competent, confident life (McGraw-Hill) is in bookstores (ISBN: 0071387331).

*Archived prior news releases from Dr. Farrell may be found in at:
<http://www.drfarrell.net/PRESS.htm> .

Interviews may be arranged via: e-mail: Website: <http://www.drfarrell.net>

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