



ON TARGET

Paralympic archer Jeff Fabry keeps his eyes on the prize

Photo: Getty Images

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

IN THIS ISSUE:

Fabry Interview [1,4]

Doping Control Officers-Maintaining Integrity [2]

Quick Hitters... [3]
Out-of-Competition Reminders
2005 Testing Statistics
International Efforts

Athlete's Advantage
ToolKit™ [4]

The **Playing FIELD™**

AT THE AGE OF 15, JEFF FABRY WAS INJURED IN A MOTORCYCLE ACCIDENT AND LOST HIS RIGHT ARM ABOVE THE ELBOW AND HIS RIGHT LEG ABOVE THE KNEE. IN 1997, HE STARTED PRACTICING ARCHERY AND HAS BEEN COMPETING SINCE WITH REMARKABLE RESULTS.

Technically Speaking:
What is Finasteride? [5]

Coaches' Corner [5]

USADA Research
in Action [6]

At the 2005 IPC Archery World Championship, Fabry won all four of his matches, taking the gold medal in his class. In the qualifying round he set five world records, one for every distance he shot (30, 50, 60 and 70 meters) and for his total score (1,378 points).

To release an arrow, he raises his archery bow with his left hand and uses his teeth to pull back the string. "I don't think of it as being very remarkable. This is my life. This is how I decided to live it," he says.

Here, Fabry shares his insights as an archer and as a role model for his daughter.

How did you get into archery?

Already being an avid hunter, my hunting buddies gave me the interest to start bow hunting. A roommate of mine purchased a new bow and I quickly snatched up his old bow and began shooting it. This opened up my archery career.

What is something you would like people to know about being an archer?

Archery is mostly a mental game, not all that physical. In archery, like other sports, it is important to remember that no matter how good you are, everyone has their off days.

What motivates you?

What drives me is always striving to do my best, knowing that I will never be perfect. I want every tournament to feel like I have done my best no matter how it turns out.

Tell us about your recent World Record performances at the 2005 World Championship. What was that experience like?

After winning the bronze in Athens, it felt very gratifying to set five records while winning the World Championship. One shot kept me out of the gold-medal match in Athens and I was very disappointed because of that shot.

CONTINUED ON PAGE 4

THE SPIRIT OF SPORT HAS EXPANDED!

USADA's Athlete and Athlete Support newsletters are being combined to bring both the Spirit of Sport™ and The Playing Field™ to you in one publication. We hope you enjoy this expanded newsletter.

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

DOPING CONTROL OFFICERS—MAINTAINING INTEGRITY

Over time, in discussions with athletes, it has become apparent that there is a significant level of curiosity about USADA's Doping Control Officers: their relationship to USADA, the training and tracking they receive, and their backgrounds. So here are some responses to those questions.

USADA's Doping Control Officers (DCOs) are independent contractors, a few of whom serve in that capacity for other organizations, such as the National Center for Drug Free Sport, which tests for the National Collegiate Athletic Association. Many of the current 85 DCOs who are part of USADA's program started years ago as collection agents for the United States Olympic Committee (USOC) when the USOC was the administrator for the nation's anti-doping program. When USADA was a start-up entity in fall 2000, all of its DCOs came from the USOC program, but today the number has shrunk to less than half.

Well over half (56) have medical backgrounds, including physicians, registered nurses, and athletic trainers, and a number have multiple degrees. But others have come from a variety of backgrounds—law enforcement, retirees, and even stay-at-home moms. Most frequently, additions to the DCO ranks originate through the recommendations of those already in the program, but some candidates make direct inquiries to USADA



about the DCO program, and what is required to become a part of it.

From the outset, USADA has placed heavy emphasis on DCO training. It established a five-person DCO Advisory Committee drawn from the DCO ranks, and that group has been active in designing the training regimen, and defining the attributes and competencies that are required to meet the high standards expected by USADA.

The screening process for potential candidates is extensive, as is the training. Once a person is accepted as a viable candidate, he/she is brought to Colorado Springs for a staff-conducted training program before being certified. DCOs are required to be recertified every two years (a multi-day process), and to attend annual workshops that focus

on various competencies. Written examinations are required in both initial training and recertification, as are background checks.

In addition to the training program, USADA staff is involved with an expanding field observation program to monitor DCO performance.

Of the current group of 85 certified DCOs, 26 are designated as "lead," and the balance as support. All DCOs are assigned to do Out-of-Competition testing. While they are trained to follow specific procedures, they are also instructed to be flexible enough to accommodate the athlete, short of jeopardizing the integrity of the test. Athletes have the opportunity to submit comments on their testing experience on the Athlete Evaluation Form for any test conducted in the United States, and those comments are valuable to USADA in evaluating both an individual DCO and the Doping Control Program.

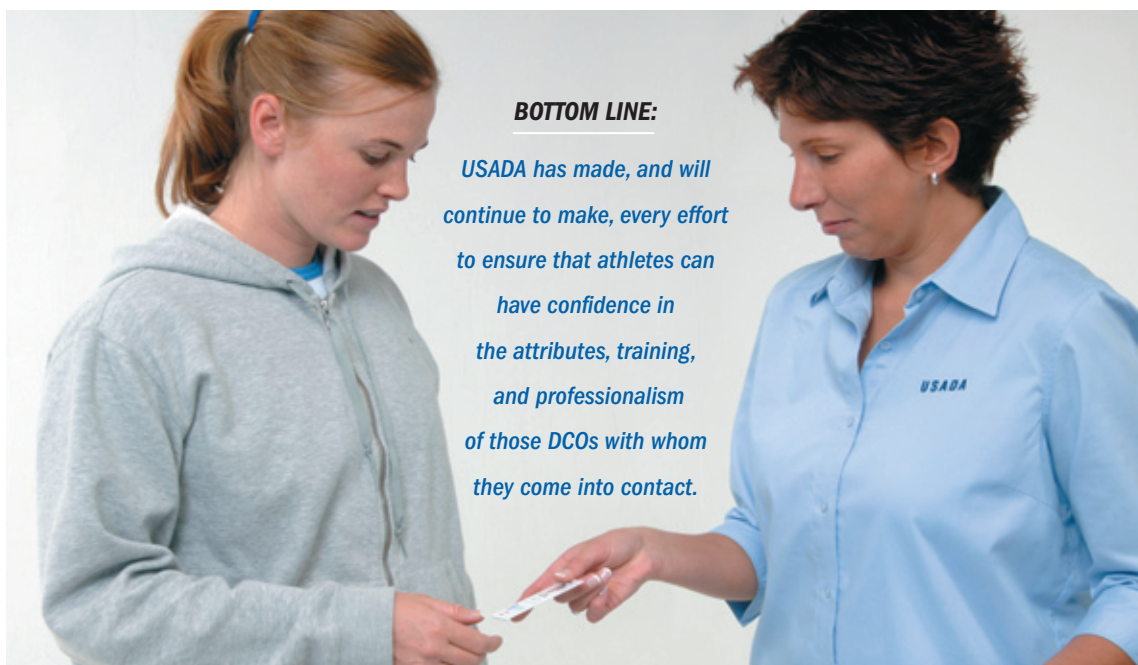
If you have any further questions about DCOs, contact USADA at (866) 601-2632.



The following portion of the DCO INSTRUCTIONS summarizes the Out-of-Competition standards for locating athletes prior to a DCO reporting an Athlete unavailable.

- On the date of the attempt to test, the DCO must visit all locations, in no particular order, identified by the Athlete for that date on the quarterly Athlete Location Form (ALF) or update.
- The DCO is not required to visit unidentifiable locations or unspecific geographic locations listed by an Athlete (i.e., a "P.O. Box," "roads surrounding my house," or "Mt. Hood").
- The DCO must spend a reasonable amount of time at each location (approximately 45 minutes).
- After one visit at each identified location during the time identified by the Athlete for that date, the DCO must attempt to contact all numbers listed on the ALF.
- If contact is made at any of the contact numbers, the DCO should invite the athlete to come to a specified location within two hours to be tested, or leave a message for the athlete to that effect. The specified location should be one of the locations identified by the Athlete on the ALF, unless otherwise agreed to by the Athlete and the DCO.

NOTE: Visit the Athlete Tools section of USADA's Web site at www.usantidoping.org for the full DCO Instructions. (Click on downloads, publications).



BOTTOM LINE:

USADA has made, and will continue to make, every effort to ensure that athletes can have confidence in the attributes, training, and professionalism of those DCOs with whom they come into contact.



QUICK HITTERS

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

Out-of-Competition Reminders

Athlete Location Forms (ALFs)

Summer will soon be here! As you are busy with training and traveling remember to update USADA any time your schedule changes.

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

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

Athlete Location Forms are due June 1st for the 3rd quarter! Be sure to submit **BOTH** pages of the ALF. Sending in only one page of the ALF is considered as an incomplete form.



Missed Tests

The two ways that you could face having a missed test declared are:

- Being unavailable at the locations and times specified on your quarterly ALFs or Change of Plan Forms and/or updates.
- Failing to submit accurate and complete quarterly ALFs by the applicable deadlines when you are selected for OOC testing.

Under USADA's Protocol, if you are in USADA's OOC Testing Program and receive three missed tests in a rolling 18-month period, you may be subject to ineligibility, which may include a two-year suspension, suspension of USOC benefits, and other consequences.

International Federations may also have specific rules regarding missed tests of which you need to be aware.

For a copy of USADA's Protocol, visit www.usantidoping.org/go/protocol

Prohibited List Reminder

The 2006 WADA Prohibited List took effect January 1, 2006. Be sure to check USADA's Web site for the latest Prohibited List. www.usantidoping.org

Additionally, it is your responsibility to stay current with your International Federation's anti-doping rules.

Therapeutic Use Exemption Update

Soccer athletes requesting the use of a beta-2 agonist must complete pulmonary function tests and submit the results to USADA along with their medical file in conjunction with the USADA Abbreviated TUE form.

If you have questions about the TUE process, call (719) 785-2045.

USADA's 2005 Testing Statistics

- USADA performed a total of 8,175 doping control tests including 7,675 domestic tests.
- Out-of-Competition testing comprised approximately 61% of the domestic tests in 2005.
- USADA administered 500 tests on U.S. and non-U.S. athletes in the United States on behalf of other anti-doping organizations, including WADA and International Federations.
- USADA announced 22 anti-doping rule violations in 2005, including four non-analytical positives and three test refusals. This is the lowest number of anti-doping violations USADA has announced throughout one year. (There was only one violation announced in 2000 after USADA was established in October of that year).

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



USADA WORKING WITH WADA TO EDUCATE COACHES

The USADA Education department is working with a World Anti-Doping Agency committee on a Coach Anti-Doping Education project. In January 2006, USADA hosted a pilot of the workshop at the Colorado Springs Olympic Training Center which was attended by nine elite-level coaches from the sports of cycling, figure skating, weightlifting, and triathlon. At the conclusion of the workshop, participants provided feedback on the workshop content, structure, and materials to enable WADA to evaluate and modify the project for broader implementation.

USADA CONTINUES INTERNATIONAL EFFORTS

Members of USADA's Doping Control department have recently participated in workshops to help develop a Regional Anti-Doping Organization in Central America. Staff members have also assisted in Bermuda's startup anti-doping efforts through training and evaluation of DCOs. As mentioned in the last issue of *Spirit of Sport*[™], USADA continues to work hard at the international level to ensure harmonization of anti-doping procedures and policies.

USADA THANKS ALL ATHLETES IN THE OOC TESTING PROGRAM!

In 2005, more than 90% of athletes submitted their whereabouts information. USADA also thanks all National Governing Bodies assisting athletes with their compliance!

FABRY INTERVIEW

CONTINUED FROM PAGE 1



However, at the World Championship, I felt like I redeemed myself. I felt like I stayed focused and shot consistent through the whole tournament.

What is next for you?

What are you preparing for?

I am currently preparing for the Outdoor Nationals later this summer. My goal for that tournament is to make sure I stay focused on my game. In 2007, I am looking forward to competing in the World Championship in Korea.

Why do you think it's important for athletes to play fair?

Playing fair evens the playing field across the whole board. It allows the dedicated athlete the opportunity to have the greatest success.

How can athletes be successful at your level without the use of performance-enhancing substances?

The use of performance-enhancing drugs may put you on top for a second; however, the side effects are long lasting. I feel that you will "fall off your peak" hard and fast,



Photo: USA Archery

thus not allowing yourself to know that you can achieve your goals on your own.

Whose role model are you?

My daughter's. Even though she is only four years old, I feel that I am showing her that whatever she puts her mind to, and whenever she does her best, she can achieve anything. I would like to think I show that in my attitude to everyone I meet.

What do you have to say about your experiences being tested in competition?

Everyone that I have met has been very professional and makes things run as smooth as possible.

Photo: USOC



What do you have to say to athletes who are going to be tested for the first time?

Testing is not personal, it's just part of sport... also, make sure you are hydrated!

TAKE ADVANTAGE OF THIS!

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

Take a Stand for Clean Sport by signing up for the Athlete's Advantage™ Toolkit. For athletes in the OOC Testing Program, it's an all-in-one resource. Contact USADA Education toll-free at (866) 601-2632, ext. 2044; (719) 785-2044; or by e-mail at educationnews@usantidoping.org to request the Toolkit. Plus, you'll also receive a cool gym bag and Toolkit calendar!



Want a FREE gym bag? Sign up for the Toolkit™.



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



WHO SAID IT ?

"I don't want the silver medal. If I didn't win it on the track, it's useless."

(Answer on back page)

DID YOU KNOW...

It's impossible to sneeze with your eyes open? Next time you feel a sneeze coming, try it!



TECHNICALLY SPEAKING:

What is Finasteride?

U.S. Skeleton athlete Zach Lund was banned from the Torino Olympics for taking a common hair-restoration medication containing finasteride, a prohibited substance that can be used to mask steroids. The Court of Arbitration for Sport – while believing Lund did not cheat – ruled he should serve a one-year suspension.

What is finasteride?

Finasteride is a drug commonly found in prescription medications used to treat two different medical conditions. Under the brand name Propecia, finasteride is used to enhance hair growth. Under the brand name Proscar, finasteride is used to treat enlargement of the prostate – a more serious condition known as benign prostatic hyperplasia (BPH).

Are there any other prescribed medications that are similar to finasteride?

Yes. Dutasteride, used under the brand name Avodart, is a drug that is used clinically for BPH.

What is the status of these substances on the Prohibited List?

Finasteride and dutasteride were both added to the WADA List of Prohibited Substances effective January 1, 2005 because they change the pathway by which anabolic steroids are metabolized and may prevent the detection of (mask) certain prohibited anabolic steroids.

What considerations are made for athletes requiring treatment for BPH?

On the use of Proscar or Avodart for BPH, a Therapeutic Use Exemption (TUE) Committee will consider the medical implications as well as the availability of alternatives that are not prohibited medications. In all cases, the health of the athlete and maintaining a level playing field are the main concerns when the committee reviews individual TUE requests.

—RICHARD HILDERBRAND, Ph.D.
USADA's Director of Science

SPORT SITUATION

Think about how you would handle the situation...

A professional ice hockey player is named to the World Championship team. He regularly checks for updates of the Prohibited List and attended a USADA Education presentation within the last year. During the hockey tournament, the athlete requires temporary relief from sinus congestion and uses a popular nasal vapor inhaler. The athlete made sure to purchase the over-the-counter decongestant in the U.S. However, the nose vapor inhaler contains L-methamphetamine, a prohibited substance.

The ice hockey player declares the over-the-counter medication on the doping control official record when tested In-Competition. Although the athlete did not intend to take L-methamphetamine to improve performance, his urine sample is confirmed as an adverse analytical finding.

QUESTIONS TO THINK ABOUT:

1. What consequences could this situation have for the team?
2. What precautions could the athlete and team medical staff take to avoid jeopardizing eligibility?
3. What resources are readily available to the athlete, coach,

trainer, manager, or medical staff to clarify the status before using any medication?

USADA POSITION: Over-the-counter medications

Prohibited stimulants are sometimes present in over-the-counter substances such as cold medications, dietary supplements, diet aids, and headache remedies. There are still substances that require caution, such as the presence of L-methamphetamine in nasal vapor inhalers, ephedrine in over-the-counter caplets for temporary relief from bronchial asthma, and epinephrine in over-the-counter asthma

products that are available without a prescription. Over-the-counter medications that contain prohibited substances continue to be available and commonly used. Athletes and athlete support personnel must be cautious of these over-the-counter medications and avoid using or suggesting the use of items containing prohibited substances. To check whether an over-the-counter medication is permitted or prohibited, contact the Drug Reference Line™ at (800) 233-0393 or Drug Reference Online™ at www.usantidoping.org/dro.



USADA Research in Action

Tyler Hamilton was found by the Court of Arbitration for Sport (CAS) to have transfused another person's blood to boost the oxygen-carrying capacity in his body and to enhance his performance. Dr. Larry Bowers, USADA Senior Managing Director, provides a brief explanation of the homologous blood transfusion (HBT) test used in this case.

What does the HBT test detect?

First, it is important to define HBT as the transfer of blood from one person to another individual as opposed to autologous blood transfusions, which involve the infusion of one's own blood.

Red blood cells (RBCs) have surface markers that are determined by your genetic makeup. Either you have the marker on the surface of your RBC or you don't. We are more familiar with the major blood group markers, (for example, blood types A, B, O, and Rh(D)). However, there are also many minor RBC markers. When you use 8-10 minor RBC markers, you would need to analyze thousands of potential blood donors to find an exact match using flow cytometry.

How is flow cytometry used in the HBT test?

For the HBT test, the RBCs are "stained" using antibodies that specifically bind to the surface markers. Flow cytometry is the process that counts and sorts cells according to what markers are being tested for. In a normal blood sample, every RBC will either have or not have the surface marker, so you will see one population of cells. After a HBT test, some of the RBCs will have the marker and some will not – so you will find two groups of RBCs.

Evidence showed Mr. Hamilton had two RBC populations. What explanation did he provide?

Mr. Hamilton argued that he was a chimera, meaning he had two types of DNA, and the second DNA expression came from a vanished twin. Blood



chimerism at the level of the second RBC population found in Mr. Hamilton's blood is rare and the scientific facts were not consistent with Mr. Hamilton being a chimera.

Are there other explanations for having a second population of RBCs?

There are some medical explanations. For example, if you had leukemia and had a bone marrow transplant, you would have mostly marrow donor RBCs but a small percentage of your natural RBCs might also be present. There are also some illnesses that might result in two RBC populations, but those diseases are not compatible with being an elite athlete.

What role did USADA have in expanding flow cytometry technology as a process of detecting prohibited methods in sport?

A group in Australia, led by Margaret Nelson, began to develop tests capable of detecting a mixed red cell population by flow cytometry. This work was supported by a research grant from USADA. USADA also participated in discussions with other anti-doping leaders to decide when to move the technology from research into athlete testing.

What evidence did WADA-accredited laboratories and the scientific community provide in support of USADA's case against Mr. Hamilton?

Because this was a new test, Mr. Hamilton and his legal and technical representatives were given unprecedented access to computer and paper records from the WADA-accredited laboratory in Lausanne, Switzerland, the lab in Athens, Greece, and the lab of the developers of the test in Sydney, Australia.

In preparing for the case, I personally talked to at least 40 experts from all over the world, and the consistent opinion was that there was no rational explanation for the pattern of the second population other than a HBT.

Overall, what impact do USADA's research efforts have in preserving the integrity of sport?

The focus of USADA's research is to deter athletes and athlete support personnel from cheating. New methods of detection are making it more difficult for individuals to find ways to cheat. The collective efforts of scientific research are helping narrow ways for athletes to cheat. This, in turn, helps level the playing field.

To read the CAS decision, visit www.usantidoping.org/what/management/arbitration.aspx

Answer to "Who Said It?..."

- Germany's Martina Glagow, who went from bronze to silver winner in the women's 15K biathlon at the 2006 Olympic Winter Games after Russian Olga Pyleva was stripped of her medal for a doping violation.

THINK ABOUT IT—

Would you want your medal earned this way



SPiRiT of Sport™

Contributors:

Larry Bowers, Ph.D.
APEX Communications, Inc.
Jeff Fabry
Richard Hilderbrand, Ph.D.
Stephanie Isley
Baaron Pittenger
Adrian Roberts
James Wagenschutz

Editors:

Karen Casey
Cristina Guerra
Michelle Freddolino, Esq.
Carla O'Connell
Rebecca Pew
Jennifer Schrier

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.usantidoping.org

USADA and the USADA logo are registered trademarks and Spirit of Sport, The Playing Field, Athlete's Advantage, Athlete Express, Drug Reference Line, Drug Reference Online, and the Play Clean Line are trademarks of the U.S. Anti-Doping Agency. All Rights Reserved.

© USADA 2006. All rights reserved.