

TRUE SPORT



A publication dedicated to providing timely and accurate information for Olympic, Pan Am, and Paralympic Athletes.

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Kelli White - Losing to Win

When Things go Wrong

By the fall of 2003, Kelli White won the U.S. National Championships and the IAAF World Outdoor Championships in the 100 and 200 meters. She was at the pinnacle of her sport. Her results would show that she was the fastest woman in the world. She was wearing gold. Then all of a sudden, when things were going so well, they took a turn for the worse. White tested positive for modafinil, a prohibited substance and then acknowledged her use of EPO and anabolic steroids.

White was stripped of her title and her medals.

She was banned from competing in the 2004 Olympic Games.

She faced the scrutiny of her peers, her family, and the media.

She was declared ineligible for two years and has no relationship with her sports governing body.

A year after being sanctioned by USA Track and Field, Kelli White takes a few minutes with USADA to discuss her current situation, how she would change things if she could and explains why competing clean is "always the best choice."

What impact has your doping violation had on you and your family?

This experience has helped me figure out who my real friends are and has also made me closer to my family. When I was using performance-enhancing drugs, I wasn't

truthful to my family and friends and that was tough to deal with. I was so ashamed that I couldn't tell anyone. But my family has supported my decision to come clean. It's always good to have loyal family and friends around in a time like this.



Photo credit: Kirby Lee/WireImage.com

How did you feel at the 2003 World Championships knowing you weren't competing as a clean athlete?

When I crossed the finish line, I felt extremely bad and knew it wasn't right and wasn't fair to anyone, including my competitors. It weighed heavily on my mind throughout the entire competition.

If you could do it all over again, would you?

Of course, but I would make a lot of different choices. I would go further back, before the World Championships, and I would definitely make different choices across the board. Using performance-enhancing drugs was not worth losing my integrity and everything else I've been through.

What has been the reaction of your peers?

I am aware of some comments made by other track & field athletes at the time. I expected negative and positive reactions. But I don't regret my decision to come clean. I now have very little interaction with anyone in track & field because I needed to step away from the sport for a while and have some time to myself.

More with Kelli White on page 2

Kelli White continued

What health consequences or cosmetic side effects did you experience as a result of using prohibited substances?

When I was using performance-enhancing drugs, I noticed several changes, including the deepening of my voice, acne, and I had my period every other week. And my blood pressure was very high.

How would you advise athletes and coaches facing difficult choices?

I hope athletes and coaches learn from my mistakes. I encourage them to do what they know is right. It can be a hard point to drive into someone but the choice to compete clean is always the best choice.

What role would you like to have in your sport when your sanction ends? Do you plan to resume competing? If so, how are you preparing?

I miss training and the competition. I recently underwent my second knee surgery in a year so I am currently undergoing physical therapy and just trying to stay healthy. I love my sport and I hope to return to competition early next year. *Before, I had let other people's goals become mine*, but when I return, I plan to just compete and be the best that I can based on my own values.

Almost a year later, are you satisfied with your decision?

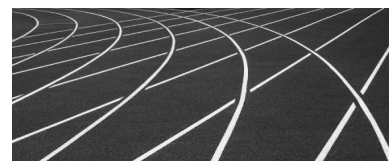
Although it has been difficult, admitting my mistakes was the right decision for me and frankly, my sanity.

How did USADA treat you throughout this process?

USADA treated me very fairly. I respect USADA's role and mission and understand they have a hard job with lots of battles.

Do you have any suggestions as to how USADA can effectively reach developing athletes to prevent others from going through experiences similar to yours?

I think USADA has done a great job so far. I do recommend that USADA continue to provide materials like brochures to athletes at camps that not only explain the health risks of using performance-enhancing drugs but also remind athletes that there's more to life than sports and athletics.



*Facing much heartache and scrutiny, Kelli White now shares her compelling story with others. We wish you well in your commitment to **clean sport**.*

Notes from Doping Control

Next time you're tested, you may notice some subtle changes in processing, equipment, and paperwork:

Doping Control Station Marshals will now sign all relevant people in and out of the doping control station.

Athletes with disabilities and athletes who are minors are encouraged to have a third party, whenever possible, present during the testing process. As always, **all athletes** should anticipate testing in-competition and **plan to have a representative at doping control**.

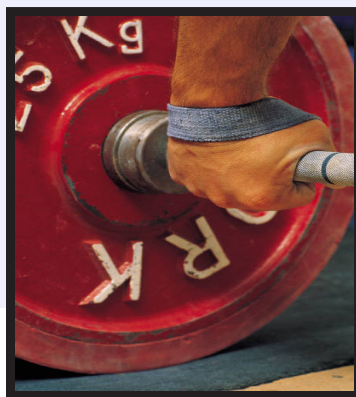
If the **DCO asks that you provide a second sample**, it may be due to:

- The sample not meeting pH and/or specific gravity requirements, or
- Some doubt as to the origin or authenticity of the sample.

New Sample Collection Kit bottles now come in shrink-wrapped sleeves with a silver pull tab. Older kits have bottles in plastic bags with orange and blue warranty tape.

Additions to the Doping Control Official Record:

- You may be asked to report your sport discipline(s), if applicable.



- The declaration of medications, vitamins, minerals, etc., now includes any **blood transfusions** received in the past three (3) months.
- A consent area for research has been added to the form in accordance with the World Anti-Doping Code. When you accept this option:
 - o The excess amount of your sample (after all required analyses are completed) can be used for anti-doping research purposes.
 - o Once a sample has been turned over for research, it no longer can be linked to you, and you therefore risk no repercussions.

Take a stand for Clean Sport and give your consent for research!

Don't hesitate to ask questions!

Quick Hitters...

Athlete Location Forms

Athlete Location Form (ALF) due dates:

December 1 (For 1st quarter)

March 1 (For 2nd quarter)

June 1 (For 3rd quarter)

September 1 (For 4th quarter)



Online Forms are typically due the Monday after the hardcopy deadline!

Please fill out ALL pages of the ALF. The more complete your ALF, the better chance of having a test successfully completed.

Please note: If your permanent address changes, you need to fill out a NEW Athlete Location Form with the correct permanent address.

Submitting your ALF:

Athletes with an e-mail address on file with USADA can submit quarterly ALFs using the online system. For help logging into the system and for login/password questions please contact Kitt Lee at:

formsadmin@usantidoping.org, or
(866) 601-2632 ext. 2006 (toll free) or
(719) 785-2006 (outside the U.S.)

Hardcopy forms can be FAXED to:
(719) 785-2099 or (719) 785-2001 or

mailed to:
U.S. Anti-Doping Agency
Out-of-Competition Testing Program
2550 Tenderfoot Hill St., Suite 200
Colorado Springs, CO 80906

Coming soon to your Coach's Mailbox...

"The Playing Field" - USADA's new Athlete Support Staff newsletter. Coaches, trainers, parents and medical staff can look forward to this quarterly publication for the most current anti-doping news.

Drug Reference Online (DRO)



www.usantidoping.org
Click on the DRO link

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

Several over-the-counter medicinal products are included in the database;

however, dietary supplements are NOT included in the database.

Check DRO out Online!



Therapeutic Use Exemption

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

TUE forms and instructions can be found at the Athlete Express section of the USADA Web site.

Some sports have International Federation (IF) specific forms and requirements that must be submitted in order to be considered for an exemption. It is the responsibility of the athlete to check with his/her IF for the most up to date information.

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

The U.S. Olympic Committee Division of Sports Medicine at (719) 866-4668 can assist in preparing the Standard TUE.

The 2005 Guide and Wallet Cards are

Athlete Advisory

Yasmin removed from Prohibited List

Yasmin is allowed in- AND out-of-competition

Previously, USADA had informed athletes that this birth control medication was prohibited because the diuretic drospirenone was a major ingredient. This decision is a positive one for athletes. American athletes who compete around the world and use Yasmin will not be subject to a doping violation for the presence of drospirenone.





Protect Your Sport
U.S. Anti-Doping Agency

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Take a Stand Against Doping

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

Corrections from True Sport, January-March 2005

Under 2005 Monitoring Program, the substance pipradrol was misspelled pipradol.

The Play Clean Line number was incorrect on past issues of True Sport. Please
note the correct Play Clean Line number is (877) 752-9253.

Go online to get your advantage!

Athlete Advantage Online is now
accessible via USADA's Web site. This is
an interactive resource for athletes in
USADA's Out-of-Competition (OOC) testing
program. The activities will help you access
information specific to the OOC testing
program requirements and doping control in
general. Get the advantage at:
www.usantidoping.org/advantage

2006 Winter Olympics

Future issues of True Sport will feature:

- updated info. about testing when the athletes village opens, and
- other doping control rules specific to the Games!



my health. my sport. my victory. | compete clean!



As you gear up for a big 2005, the
U.S. Anti-Doping Agency invites
you to take a stand for clean sport.

Why should I care?

Your performance has always been a
result of hard work and natural abilities.
You've never taken shortcuts by using
performance enhancing drugs.

What can I do about it?

Become a part of USADA's Athlete
Advantage ToolKit Program and join
thousands of other athletes in taking a
stand against doping in sport.

How do I sign up?

Contact USADA at (866) 601-2632 ext.
2044 or email us at
educationnews@usantidoping.org

Cool Shirt! How can I get one?

You'll automatically receive a free t-shirt
when you sign up for the Athlete's
Advantage ToolKit. Just send your color
preference (Gray or Black) and size. If
you are already registered for the
Toolkit, contact USADA to receive your
free **No Doubt About It** t-shirt.

**NO
DOUBT**
about it.

U.S. anti-doping agency