

IN STEP WITH PAM MCGONIGLE

**U.S. Track and Field
Paralympian and
USADA Athlete
Ambassador**

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

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PRIOR TO THE 1992 PARALYMPIC GAMES IN BARCELONA, PAM MCGONIGLE WAS A COLLEGE SENIOR FINISHING A DEGREE IN HEALTH AND PHYSICAL EDUCATION. AT A FRIEND'S SUGGESTION SHE VOLUNTEERED AT A SPORTS CLINIC FOR VISUALLY-IMPAIRED CHILDREN - A SUGGESTION SHE FOLLOWED WITH DRAMATIC RESULTS.

Although she had competed in track throughout college, McGonigle's performance had been hampered by her lack of visual acuity. She describes her experience as "struggling to run without falling and crashing into things." At the children's sports clinic, a presenter approached McGonigle about the Paralympics. Previously unfamiliar with the Games and the use of sighted guides for visually-impaired competitors, McGonigle was immediately motivated to resume her training with the goal of making the U.S. Team for Barcelona.

McGonigle made that team, setting a Paralympic record and winning a gold and two bronze medals. She went on to compete in the 1996, 2000 and 2004 Paralympic Games and in numerous world and national championships. In addition to competing and focusing on family life, McGonigle became one of USADA's first Athlete Ambassadors, taking up the charge to encourage fellow athletes to compete clean.

We caught up with the married mom of one at her home in Ardmore, Pa., where she works as development director for a Philadelphia non-profit, to ask about her competitive life and her thoughts on competing clean.

What motivates you to compete?

The love of sport and the desire to push myself and I enjoy setting an example for others with disabilities. If I can influence one child to realize he or she can be an elite-level athlete despite a disability I will have made a difference.

What can you tell the public about the Paralympics that most people don't know?

The movement is at a point of still trying to educate people as to what the Paralympics are. The Paralympics are an elite-level competition. They are the Olympic Games for people with physical disabilities.

What accomplishments give you the most pride?

One that is of great importance to me is the honor of being an Ambassador for USADA. I am a very strong advocate for clean sport. There is far too much drug use going on and it is important for the future of sport and the future of our young athletes to have role models that have competed successfully without performance-enhancing drugs. Being one of those role models is an honor for me. My records will one day disappear but my reputation will follow me throughout my lifetime and beyond.

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PAM MCGONIGLE

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My most memorable athletic accomplishment was my gold medal in the 3000m at the 1992 Barcelona Paralympic Games. I had promised my father on his deathbed that I would bring him home a gold medal from those Games. Fortunately, I did. My father never missed a track meet and he didn't that night either. I felt his presence as I received that gold medal.

My father was my biggest supporter. He taught me I would fall down during the journey but as long I got back up and kept trying I would reach my goals. What he said will always be with me and it has become a personal motto for me.

What lessons have you learned through sport and competition that carry over into your everyday life?

Being visually impaired, I have had to overcome many social and professional obstacles. I have learned through training that believing in yourself and the efforts you put forth will bring you much success. Skills acquired through athletics, like dedication, commitment and honesty, directly correlate to success in everyday life.

Why do you choose to compete clean?

For me there is no other way. Competing clean is all about YOU and what YOU put forth.

Why did you choose to become an Athlete Ambassador for USADA?

Being an Ambassador gives me the opportunity to influence young athletes. I have always been an advocate for clean sport and being an Ambassador gives me the opportunity to do more outreach.

What do you tell young athletes about successfully competing without doping?

I tell them that one can be successful without taking performance-enhancing drugs and I prove it by listing the athletes who have been

successful without doping. I encourage them to work hard and that there is no greater success than competing clean regardless of the competitive outcome.

What competitive goals have you set for the next two years?

Unfortunately, at this time, my running goals are undefined due to a lack of guides. I require the assistance of a sighted runner to help me train and race. My guide-dependent running career has always revolved around a limited pool of guide runners, but until now I was able to put enough days of running together to make things work. It takes many guides to help the guide-dependent runner be successful. Different guides are used for different training and racing scenarios. Lately, I can only find guide runners for some days of the week. I cross-train, but as an elite athlete, sport-specific training is essential to success. If I am unable to find a crew of runners interested in guide running for training and racing situations, I will not be able to resume my competitive career. I have done a variety of things to recruit guide runners, but to find people able to train and race at the necessary pace requires an elite athlete from the able-bodied world to make personal sacrifices to assist the athlete with a disability.

This is a significant mental challenge for me. I am able to adapt in my daily life so that I can do what I need and want, but running, something I love, requires a dependence on other people rather than technology.



Calling All Cyclists

You finished your race. You're exhausted. Family and friends are waiting to celebrate. But what are your responsibilities now that the race is over?

ON YOUR MARK... Know the Anti-Doping rules.

The Anti-Doping Rules of the Union Cycliste Internationale (UCI), your International Federation, require cyclists to be personally responsible for locating and consulting the list of cyclists who are required to appear for Doping Control.

GET SET... Locate and consult the Doping Control list.

If USADA, or another anti-doping organization, is conducting testing at your race, the list of cyclists selected for Doping Control will be posted at the finish line or track exit and at the entrance of the Doping Control Station before your race is

over. Remember, just because you don't hear an announcement or see USADA staff, testing may still occur, so always look for the list.

Even when event chaperones are provided, checking the list is up to you. USADA, or any other testing entity, has no obligation to find you and notify you in person of selection for testing at these events. The posted list may be your only notification.

GO... If your name appears on the Doping Control list you must report for testing.

All riders named on the Doping Control list must report to the Doping Control Station and

sign the site roster within 60 minutes of finishing the race. A selected rider who does not finish his/her race must still report to Doping Control.

Take the initiative to always check the Doping Control list at the finish line or the entrance of the Doping Control Station. **Protect yourself** by reporting to the Doping Control Station and signing the site roster in a timely manner when your name or bib number is posted. **Don't let a mistake jeopardize your career!**

QUICK HITTERS

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

WHEN WAS THE LAST TIME YOU CHECKED THE PROHIBITED LIST?

"10 minutes could have saved my Olympic dream that took 10 years to achieve."

- Zach Lund



Use these resources to ensure that you stay up-to-date with the status of all your medications.

1. Drug Reference Line™: (800) 233-0393
2. Drug Reference Online™: <http://www.usantidoping.org/dro>
3. USADA's Website: <http://www.usantidoping.org>
4. World Anti-Doping Agency's Prohibited List: http://www.wada-ama.org/rtecontent/document/2007_List_En.pdf

Don't find yourself on the sidelines.

Notice to Potential 2007 Pan American and Parapanamerican Games Competitors

USADA and the USOC are committed to sending a clean team to the 2007 Pan American and Parapanamerican Games. One step to insuring this is pre-games testing. If you are named to a team, USADA will test you at least once in the 120 days prior to Opening Ceremonies (July 13 for the Pan Ams and August 12 for the Parapanams). USADA will work with your National Governing Body to identify testing opportunities and you may be tested at a competition, camp, and/or out-of-competition.

Out-of-Competition News

Change of Plan? Text Us!

NEW!

Athletes have spoken and USADA was listening. Based on popular demand, USADA has prepared the way for you to text message updates to your quarterly Athlete Location Forms. As of January 1, 2007 you can send update information to text@usantidoping.org. Here's what you need to know about text messaging updates:

- To be accepted, your message must come from one of your phone numbers on file with USADA.
- Remember to provide specific dates for which the update will apply and the address at which you can be located during that time.
- Include your name and sport within the text message and you are ready to go.

As always, updates may also be submitted via

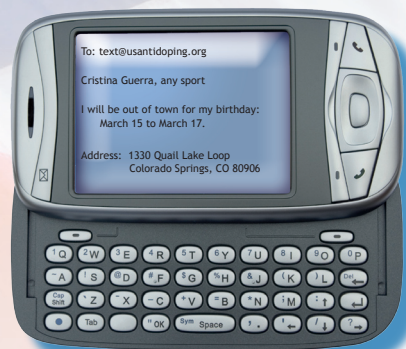
email at: update@usantidoping.org

online at: www.usantidoping.org

fax at: (719) 785-2099 and

regular mail to: USADA - Attn: OOC

1330 Quail Lake Loop, Suite #260
Colorado Springs, CO 80906



TAKE A STAND AGAINST DOPING!

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



The Straight Dope on Sample Research

Based on your feedback and feedback from our Doping Control Officers (DCOs) in the field, it appears that athletes are looking for more information about the 'Consent for Research' option on the Doping Control Official Record (DCOR). It is important to USADA that you, as an athlete, understand the process and purpose of this research.

During a USADA doping control test, an athlete has a couple of resources available to address any questions regarding this option. First, you may ask the DCO conducting the test to explain what it means to opt in or out of this research. Second, the paragraph on the DCOR before the signature space granting consent provides a good overview of how residual samples are used in research and what consent means to you.

Of course, having the right information ahead of time can only help. With that in mind, the key points below address your most common questions regarding 'Consent for Research':

Sample Identity: samples authorized for research will have all identifying marks removed so that they will not be traceable to the athlete who provided the sample.

Research Scope: the research conducted is limited to anti-doping research which is defined in the Code as research that contributes (1) to the development and implementation of efficient programs within Doping Control and (2) to anti-doping information and education. For example, research could include establishing reference ranges for prohibited substances that are naturally found in the body. This type of research helps to establish new tests and appropriate thresholds for naturally-occurring substances.

Consequence of Athlete's Decision: there is no penalty of any kind to you whether or not you consent to research. Consent is not tracked in relation to individual athletes and their decisions to consent or not consent to the research provision.

With nothing to fear from agreeing to this anonymous research, USADA hopes athletes will recognize the importance of this program to the fight against doping in sport. By allowing the residue of your samples to be used for the above-described purposes, you have an opportunity to make a proactive contribution to insuring the athletes with whom you compete are clean.



I Accept



I Decline

2006 Sport Highlights

In the world of sport, 2006 included numerous accomplishments from high school to Olympic-caliber achievements. Here are some of the highlights:

- U.S. Women's Soccer captain Kristine Lilly became the first player, male or female, to play 300 games on a country's National Team. Lilly's season included being the second leading scorer for the U.S. squad and runner-up in voting for the World Player of the Year.
- Jason McElwain, an autistic high school senior from Greece, N.Y., left his post as manager of the varsity basketball team to play in his first and only high school game. In the last four minutes of the final game of the year, McElwain hit six 3-pointers and one field goal before being carried off the court on his teammates' shoulders.
- Americans dominated the snowboarding field in Torino, Italy, at the 2006 Olympic Winter Games. Shawn 'The Flying Tomato' White and Hannah Teter each won gold medals in the Men's and Women's Halfpipe competitions while Danny Kass and Gretchen Bleiler brought home the respective silvers. In the debut of Olympic Snowboardcross, Seth Wescott won the Men's Competition and Lyndsey Jacobellis brought home silver in the Women's. Rosey Fletcher rounded out the Snowboarders' medals with a bronze in the Women's Parallel Giant Slalom.
- After 21 years in professional tennis, Andre Agassi retired from the sport following a third-round loss in his 21st consecutive U.S. Open. In addition to being one of only five men to have won all four of tennis' grand slam tournaments, Agassi marked his career with an Olympic gold medal, eight total grand slam titles and a Davis Cup win.
- Speedskater Joey Cheek capped his gold and silver medals from Torino with an Olympic-sized act of generosity. Cheek donated more than \$40,000 of his USOC prize money to 'Right to Play' (<http://www.righttoplay.com>), a humanitarian group that brings sport to children of the Third World.



WHO SAID IT ?

"Whether you think you can or whether you think you can't, you're right!"

(Answer on back page)

TECHNICALLY SPEAKING:

What is Growth Hormone?

Growth hormone (GH) has an alluring name. Lots of athletes and young people want to GROW bigger and stronger. Is GH the ultimate growth factor?

It's natural, right?

Growth hormone is produced naturally in the body. When the pituitary gland releases a pulse of GH naturally, the GH causes the body to release a number of other chemicals that affect a wide array of tissues – heart and skeletal muscle, liver, connective tissue, and bone among them. Potential side effects of excessive GH release can be seen in people who suffer from the disease acromegaly. Richard Kiel, who played Jaws in the James Bond series, displays many of the external features of the disease – a protruding jaw and boney ridge above his eyes, an enlarged skull, hands and feet.

When acromegaly occurs before the growth plates of the long bones close, the individual is often diagnosed as having gigantism. However,

it is more common that excessive GH release occurs after the growth plates are closed so the affected individual does not grow in height. Instead the excessive bone and tissue growth can result in crippling arthritis and joint pain. Because the symptoms of acromegaly are slow to develop it can take years to diagnose. Untreated acromegaly is linked with a decreased life expectancy. Even with treatment, people with acromegaly have an increased likelihood of developing diabetes mellitus (insulin-dependent diabetes), high blood pressure, heart failure, loss of vision, certain tumors and severe headaches.

Can't a doctor prescribe GH?

The medical use of GH is approved only in the treatment of severe growth deficiency

conditions in children and growth hormone deficiency in adults. Still, its mystique has grown among certain athletes with rumors of increased muscle mass and aerobic performance. For the athletic community however, use of GH is an ethical, health and legal quagmire. For starters, GH is a banned substance under the World Anti-Doping Agency Code. The potential effects of unapproved use of GH are not completely known. However, an increase in diabetes mellitus has been found in individuals who are being medically treated with GH. Finally, unless prescribed for one of the conditions previously mentioned, it is against the law in the United States for a physician to prescribe GH.

nGH

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SPORT SITUATION



Coaches' Corner

Athlete Support Pocket Guide – Coming in 2007

Your athletes look to you for help, on and off the field. The Athlete Support Pocket Guide is loaded with concise information for you to help your athletes successfully navigate through their anti-doping responsibilities. Keep the Guide in your bag and when anti-doping questions come up, accurate answers and resources will always be within your reach.

We hear it from athlete support personnel all the time. "My athletes don't use drugs!" Even if you know your athletes are clean, you still have a role to play in cleaning up your sport.

Are you fulfilling your role according to the Code? Are you knowledgeable when it comes to anti-doping policies?

Remember, you set the tone. A negative attitude from you will create a culture where it's acceptable for your athletes to ignore their anti-doping responsibilities. Remind your athletes that anti-doping responsibilities are just part of the package of being an elite athlete and that clean sport will only happen through a partnership between clean athletes and all other stakeholders.

To request your own Pocket Guide, contact USADA education at: educationnews@usantidoping.org, or (719) 785-2044.



What is Growth Hormone?

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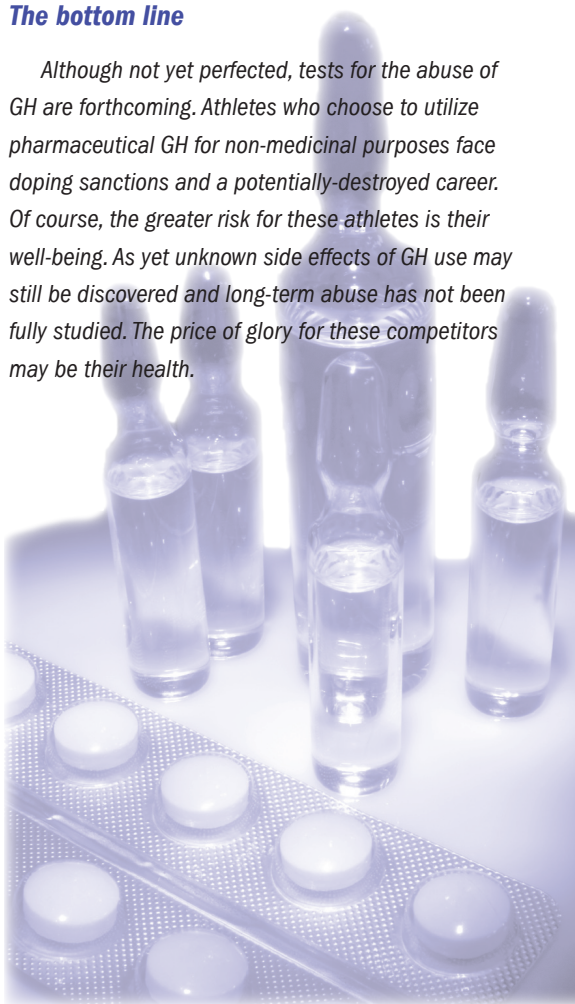
So, what's being done to catch the cheaters?

Because GH is naturally released in short pulses, rapidly disappears from the blood, and can be increased after exercise, it has taken a lot of time and research to develop a test that can differentiate naturally-occurring GH from pharmaceutical GH. The international anti-doping community has invested more than 10 years and will continue to pursue a feasible test for the detection of pharmaceutical GH.

So far, two approaches to testing for GH have emerged: a direct test and an indirect test. The direct test takes advantage of the fact that when the body releases GH there are several kinds, called isoforms, released. The pharmaceutical GH contains only one isoform and therefore its use can be detected. The direct test was used at the Olympic Games in Athens and Torino, and is close to being more widely implemented. The indirect method makes use of two biomarkers that increase when pharmaceutical GH is administered. Many studies were done to show that these biomarkers do not increase after competition, as a result of injury, or due to one's ethnic background. The indirect test is still in the late stages of research.

The bottom line

Although not yet perfected, tests for the abuse of GH are forthcoming. Athletes who choose to utilize pharmaceutical GH for non-medicinal purposes face doping sanctions and a potentially-destroyed career. Of course, the greater risk for these athletes is their well-being. As yet unknown side effects of GH use may still be discovered and long-term abuse has not been fully studied. The price of glory for these competitors may be their health.



TAKE ADVANTAGE OF THIS!

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

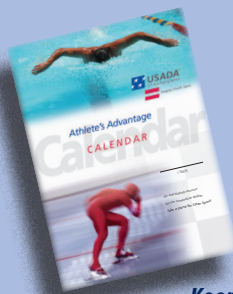
Sign up for the Athlete's Advantage™ Toolkit.

Download the 2007 calendar reminders at: www.usantidoping.org/go/reminders

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!

Take a Stand for Clean Sport!



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



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

Answer to "Who Said It?"...

Henry Ford (founder of the Ford Motor Company and father of modern assembly lines used in mass production)

DID YOU KNOW...

In January 2006 20-year-old Leyan Lo, a student at the California Institute of Technology, set a world record for solving the famed Rubik's Cube puzzle. His time? 11.13 seconds.

SPiRiT Sport™ and **Playing FIELD™**

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