



REPORT

Dear USAC Member:

I hope you're enjoying the cycling opportunities that spring has to offer. Race season is well underway across the country, which means we've been busy with RaceClean. As you can see, we're well on our way to meeting or exceeding our goal for the year.

In this report, I want to address two TUE-related questions we've been hearing. To ensure we answered these questions correctly, we solicited the assistance of USADA's Science Director, Matthew Fedoruk, Ph.D.

As a masters athlete, how do the therapeutic use exemption (TUE) rules apply to me?

The therapeutic use exemption (TUE) process is governed by the [USADA TUE Policy](#). Many, but not all, masters athletes are considered "Non-National Level Athletes" for the purposes of anti-doping rules. When considering a TUE, athletes should be careful to first [determine their competitive status](#).

Non-National athletes are required to obtain a TUE in advance for all substances and methods prohibited at all times (In- and Out-of-Competition) according to the [WADA Prohibited List](#), except as outlined in Section 5 of the [USADA TUE Policy](#).

NUMBER OF TESTS

April 2016: 28

April 2015: 0

YTD 2016: 61

YTD 2015: 8

Target 2016: 135

Total 2015: 45

CHECK YOUR PRESCRIPTIONS

USADA makes it easy to ensure you're competing within the rules.

Call [USADA's Drug Reference Hotline](#) at 719-785-2000 (option 2) to check your medications against the prohibited list.

REPORT A TIP

If you suspect a fellow racer of using performance enhancing drugs, leave a tip! All tips are anonymous and help determine WHO and WHERE RaceClean

Any Non-National Athlete who uses a prohibited substance or method without prior TUE approval risks an anti-doping rule violation, even when not competing, and regardless of whether the athlete has been subject to in-competition or out-of-competition doping control.

tests in the future.

Call the [PlayClean Tip Line](#) at 1-877-752-9253 to leave your tips.

No matter an athlete's level of competition, TUEs will only be granted in strict accordance with the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#) and [WADA Medical Information to Support the Decisions of TUE Committees \(TUEC\)](#).

I have heard of an exemption called a Recreational Competitor TUE (RCTUE). What is this and how does it apply to me?

Some Non-National athletes who have had their TUE denied by a TUEC may be eligible for a Recreational Competitor TUE (RCTUE), but only if they meet the definition of a "Recreational Competitor," and the specific criteria and conditions are met as outlined in Section 5 of the [USADA TUE Policy](#).

A "Recreational Competitor" is defined as a non-national athlete who within the last 25 years (1) has not been in the USADA *Registered Testing Pool* or the *Registered Testing Pool* of an International Federation; (2) has not represented the United States in an *International Event*; (3) has not won a national or regional level *Competition* in any sport; (4) has not finished first, second or third in an age group category of any *Event* sanctioned by an NGB in which fifty (50) or more competitors have been entered in that category in the sport in which they are presently competing; (5) has not won more than five hundred dollars (500.00 USD) in prize money in an *Event* in the sport in which they are presently competing; and (6) is not classified as a professional *Athlete*.

All athletes – including those designated as Recreational Competitors – are always held to the highest scientific and medical standards when reviewing TUE applications of any kind. It is important to note that a RCTUE is not granted to athletes based on incomplete TUE applications or medical documents, lack of adequate clinical investigation or diagnosis, clinical misdiagnosis, unsubstantiated health conditions or treatment outside the acceptable standard of clinical care.

Further, RCTUEs are not granted to elite or competitive athletes. In fact, RCTUEs serve as formal recognition that the individual granted the RCTUE is not competitive in any athletic sense and that therefore their use of a prohibited substance, in a therapeutic dose, taken under the appropriately prescribed care of a licensed physician, will not affect the competitive balance in any sport.

Further, the RCTUE process is not a testosterone-specific process and does not allow athletes to freely use anabolic steroids in sport. Rather, RCTUEs can be applied for, and may be approved or denied for any prohibited substance or method used under the care of a physician, subject to continued strict evaluation criteria. RCTUEs will not be granted for testosterone treatment for androgen deficiency/hypogonadism due to generalized symptoms, functional causes, or for anti-aging, lifestyle or regenerative health purposes.

Information about the TUE application process, diagnostic criteria for specific medical conditions, and USADA TUE Policy are on the [USADA TUE website](#) for reference.

That's it for this report. For more information please visit the [RaceClean webpage](#). If you have any questions or if there's anything specific you want to hear about in a future report, don't hesitate to contact me at jwhiteman@usacycling.org!

Warm regards,

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