



**RaceClean™**

# UPDATE

Dear {%%First%%}:

The month of November resulted in 24 RaceClean tests which brings our total to 161 with one month to go in the year.

As we approach the end of the year, we want to thank you for your support of the RaceClean program! In January, we plan to provide you a year-end review with more detail regarding the overall 2016 program.

We hope you'll continue to support our efforts as we fine tune this program even more in 2017.

[Keep RaceClean in mind if you're making year-end donations](#), and as always don't hesitate to reach out to me with questions or concerns!

Thanks for reading,

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## NUMBER OF TESTS

**November 2016:** 24

November 2015: 6

**YTD 2016:** 161

YTD 2015: 45

**Target 2016:** 135

Total 2015: 45

## ARE YOUR DIETARY SUPPLEMENTS SAFE?

Do you take dietary supplements? Some dietary supplements pose elevated anti-doping and health risks. USADA's Supplement 411 can help you recognize the risks, avoid health problems, and avoid a positive test.

[Click here](#) to learn more.

**APPLYING FOR A THERAPEUTIC USE EXEMPTION (TUE)**

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A Therapeutic Use Exemption (TUE) is permission to use a prohibited substance for medical reasons.

To decide if you need a TUE, follow these steps on the right.

1) Determine the prohibited status of your medication by searching for it on [GlobalDRO.com](https://GlobalDRO.com)

2) Determine [competition level](#) as Int'l/ National OR Non-National level.

3) Visit the [this page](#) and follow directions in Step 3 based on competition level for the substance in question.

USA Cycling License Number — {%%compid%%}

You will know valid messages from USA Cycling as we will include your license number in all membership-wide emails from us. To manage your email preferences, including this specific "news & events" mailing list, please [click here](#).

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