



RaceClean™

UPDATE

Dear Member:

With six more anti-doping tests conducted at the amateur level in September, we are only four tests away from our year-end goal of 135. We'll surely exceed this goal as we continue to strive in the last months of the year to create a culture of clean sport.

Creating this culture has to start with each sport's leadership making an unwavering commitment to the cause. Our CEO, Derek Bouchard-Hall, had the opportunity to discuss USA Cycling's commitment to combat doping in the amateur ranks of cycling on a panel alongside USADA Science Director Matthew Fedoruk, PhD, and UFC VP of Athlete Health & Performance Jeffrey Novitzky during the NGB Workshop portion of the 2016 U.S. Olympic & Paralympic Assembly, September 22-23 in Colorado Springs.

We reached out to Derek and Matthew to find out what they conveyed during the workshop regarding creating a culture of clean sport.

Derek explained the sport of cycling is challenged by its history with doping, with many of our most heralded athletes having been caught up in the widespread corruption of the past. He says while

NUMBER OF TESTS

September 2016: 6

September 2015: 6

YTD 2016: 131

YTD 2015: 39

Target 2016: 135

Total 2015: 45

CHECK 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 competitor of using performance enhancing drugs, leave an anonymous tip to help us determine who and where to test. Call the [PlayClean Tip](#)

USA Cycling recognizes that fundamentally good people can make mistakes, we must also hold all athletes accountable for their actions. By not employing or celebrating those with a known doping past, USA Cycling and its leadership has established a clear message for current and future athletes: Cheating in the sport of cycling is unacceptable and has consequences.

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

Derek added that our RaceClean program was born out of a belief that we couldn't simultaneously be for clean sport among professionals yet turn a blind eye to doping in the amateur ranks, especially when so many of our members told us that amateur doping was concerning them. The 2016 program's increase in testing via a highly visible "anti-doping surcharge" tackled amateur doping head-on and visibly demonstrated the organization's commitment to creating a culture of clean sport across all levels of competition.

Matthew Fedoruk added that an effective anti-doping program must reach further than just detection of banned substances. He expressed the importance of deterring doping by reaching as many athletes as possible, at all levels of sport, through prevention and education messages. Fedoruk added that USA Cycling and its local associations and race directors, are collaborating more closely than ever before to increase testing and education at all levels. When asked to share some education from the scientific aspect of testing, he said that new advances in detection methods include the recent development of positive tests for new long-term metabolites of anabolic steroids, and the detection window for human growth hormone was increased from just days to weeks. Fedoruk added that "both investment and interest in anti-doping science are at an all-time high, and while some athletes will invariably seek an unfair advantage, the ever-steady beat of scientific progress helps ensure that the few who are not caught today, can and will be caught tomorrow."

But most importantly, says Fedoruk, is that athletes speak out. He strongly encourages those who know something to say something. "The truth is," he said "when clean athletes come together, form a community, and fight for what's right, there is very little that can stand in their way."

He's right. Calls to USADA's tip line regularly determine who and where we

test and we know it's working. All calls can be anonymous, and I can assure you that they're taken seriously and confidentially. If you have a tip, speak up for cycling and call 1-877-Play-Clean (1-877-752-9253) today!

That's it for this month. Hopefully you're enjoying cyclo-cross or long, cooler fall rides. Cross season is in full swing right now and rest assured that RaceClean will be out at the events testing! As always, you can visit our [RaceClean webpage](#) or reach me at jwhiteman@usacycling.org if you have any questions or concerns.

Thanks for reading,

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