



I would like to take this opportunity to quickly introduce myself. My name is Kelsey Erickson and I am the new SafeSport Director at USA Cycling, with responsibility for anti-doping efforts as well. I spent the past nine years working in international anti-doping, focusing largely on developing evidence-based anti-doping education interventions and whistleblowing policies and procedures. I also served as a member of USA Cycling's anti-doping committee. Given my unique background, I am grateful for the opportunity to apply my knowledge and experiences specifically within the USA Cycling community and I am excited to join such a vibrant and diverse community! I look forward to getting to know as many of you as possible moving forward.

I appreciate that you have previously received quarterly RaceClean Newsletters and I plan to continue this practice. Consider this your first RaceClean Newsletter of 2019!

### **RaceClean Updates**

As of August 1, 119 in-competition tests at racing events across 11 states have been conducted through the RaceClean program in 2019.

### **Anti-doping Updates**

For those of who don't know, **the UCI banned the use of tramadol in March 2019**. Tramadol is **not** currently banned by the World Anti-Doping Agency (WADA), meaning that it is not on the Prohibited List. Regardless, those of you who compete in UCI-sanctioned events are eligible to be tested for tramadol and if you return a positive sample, you will be held accountable for it. For more information about this new rule please click [here](#).

### **Notice from USADA: 3 Supplement Manufacturers Charged in Criminal Cases**

*Athletes should be aware that companies creating dietary supplements for sports performance may spike their products with ingredients they know are illegal, and then deceive regulators and consumers in order to sell their products. Due to the post-market regulation of dietary supplements, and the Food and Drug Administration's (FDA) limited ability to monitor all of the products on the market, many companies get away with such practices even though their products can damage athletes' careers and health.*

*Despite the challenges of removing illegal products from the market, regulators do occasionally catch up with the people who own and run fraudulent supplement businesses. [Read more here](#) for a few examples.*

Within the broader sporting context, there have already been a significant number of positive doping tests due to contaminated supplements in 2019. As a reminder, you – athletes – are responsible for what goes into your body, regardless of how it got there. If you are going to use supplements, make sure you do everything you can to reduce the risks. USADA [encourages](#) you to only use supplements that have been certified by NSF.

USADA recently released a short video testimonial from an athlete who tested positive for a contaminated supplement. Click [here](#) to view.



### Important Reminders

*Any USA cycling member* can be tested at any time – testing is not restricted to specific categories, events or locations. Make sure you educate yourself on the anti-doping rules and regulations and ask questions if/when you are uncertain. I am here to help!

Remember – you can help ensure doping-free sport by reporting suspected and known doping behaviors to USADA. Intelligence testing (conducting tests based on information received) is one of the most effective forms of doping detection and deterrence that we have, but it only works if USADA receives information that it can take action on. Help promote clean cycling by [reporting](#) anything you know or suspect. You do not have to identify yourself when you report!

If you are taking a prohibited substance – regardless of whether you have a prescription – you **must** obtain a therapeutic use exemption (TUE). Having a prescription will not be considered a valid explanation if you test positive for a prohibited substance. To find out more about TUEs, please visit USADA's [webpage](#).

### Looking ahead

The new [Prohibited List](#) will go in to effect January 1, 2020. The [Monitoring List](#) outlines what substances and methods are currently being watched and could end up being banned effective January 1, 2020 (the List is updated annually on January 1). In order for a substance or method to be placed on the Prohibited List it has to meet two out of three criteria:

1. It has the potential to enhance or enhances performance;
2. It represents an actual or potential health risk to the Athlete;
3. It violates the spirit of sport (this definition is outlined in the [Code](#)).

Make sure you know what changes are coming down the pipeline!

That is all for now. If you have any questions or concerns please feel free to contact me ([kerickson@usacycling.org](mailto:kerickson@usacycling.org)). I am working on updating the RaceClean webpage and will be developing and adding education materials so keep an eye on the page.

Until next time!

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