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CONTEMPORARY WORLD ISSUES

Steroids and Doping in Sports

A REFERENCE HANDBOOK

Second Edition

David E. Newton



An Imprint of ABC-CLIO, LLC
Santa Barbara, California • Denver, Colorado

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Library of Congress Cataloging-in-Publication Data

Names: Newton, David E., author.

Title: Steroids and doping in sports : a reference handbook / David E. Newton.

Description: Second edition. | Santa Barbara, California : ABC-CLIO, LLC, [2018] | Series: Contemporary world issues | Includes bibliographical references and index.

Identifiers: LCCN 2017030028 (print) | LCCN 2017030589 (ebook) | ISBN 9781440854828 (ebook) | ISBN 9781440854811 (alk. paper)

Subjects: LCSH: Doping in sports—Handbooks, manuals, etc. | Anabolic steroids—Health aspects—Handbooks, manuals, etc. | Steroid drugs—Handbooks, manuals, etc.

Classification: LCC RC1230 (ebook) | LCC RC1230 .N48 2018 (print) | DDC 362.29/088796—dc23

LC record available at <https://lcn.loc.gov/2017030028>

ISBN: 978-1-4408-5481-1

EISBN: 978-1-4408-5482-8

22 21 20 19 18 1 2 3 4 5

This book is also available as an eBook.

ABC-CLIO

An Imprint of ABC-CLIO, LLC

ABC-CLIO, LLC

130 Cremona Drive, P.O. Box 1911
Santa Barbara, California 93116-1911
www.abc-clio.com

This book is printed on acid-free paper ∞

Manufactured in the United States of America

STATE LIBRARY
OF VICTORIA

22 MAY 2018

SC 40827

CL

362.29088796

N485

(2018)

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Preface

In 2014, a German film company produced a documentary motion picture called *Secret Doping—How Russia Makes Its Winners*. The film brought to public view an issue that had been lingering at the edges of professional and amateur sports worldwide for more than a century. When, where, how, and to what extent were individual athletes and athletic teams using illegal sports to gain an unfair advantage in competition? Specific, individual acts of cheating in sports had been known since the time of the ancient Greeks. But were such events simply uncommon and relatively minor deviations from the wide field of sports? Or did they extend to a wider field of individuals and events?

The German film seemed to suggest that the latter might be the case: that a nation's entire sports program had been permeated by formal programs developed and approved at the highest levels to allow its competitors to gain an advantage in a broad range of athletic endeavors. Before long, evidence began flooding in that cheating was a common part of most professional and amateur sports worldwide. The leader of the Russian anti-doping program, Grigory Rodchenkov, confirmed in 2016 that "secret doping" was essentially correct, and that the Russian government had been at least complicit, and perhaps even active, in efforts to evade international prohibitions on the use of illegal substances and procedures in

sporting events. A number of international athletic agencies, such as the International Olympic Committee (IOC), the International Association of Athletic Federations, and the World Anti-Doping Agency (WADA), began to appoint committees and organize efforts to learn more about this trend. Three reports from WADA in 2015 and 2016 in particular focused the world's attention on the use of performance-enhancing drugs and procedures in national, regional, and international athletic competitions. In December of 2017, the IOC voted to ban Russia from competing in the 2018 Winter Olympics in PyeongChang, South Korea; however, individual athletes who tested cleanly were allowed to compete under the designation "Olympic Athletes from Russia" (OAR), carrying a neutral Olympic flag. Several athletes tested positive for doping at the 2018 Olympics and were suspended or stripped of their medals.

Among the most commonly mentioned of these drugs were the anabolic steroids, a group of compounds designed to make an individual "faster, higher, stronger," to borrow from the IOC motto. Numerous studies and reports confirmed that individual athletes had for many decades been seeking and using such compounds to gain an unfair advantage in sporting events. At the same time, sporting officials were looking for and tagging most such compounds in an ever-growing effort to identify and prohibit the use of such compounds.

This book is an effort to provide readers with a general introduction to this centuries-long cat-and-mouse game between competitors and sporting agencies, dating at least to the time of the ancient Greeks. It discusses the history of anabolic steroids, their productive use in the treatment of adverse human conditions, their applications in athletic competition, and their growing use by boys and girls and men and women of all ages in all parts of the world to improve their own body image.

The first edition of this book was published just prior to the release of the most serious revelations about the use of

performance-enhancing drugs in amateur and professional sports. It has seemed appropriate, therefore, to bring that story up to date with a review of the events of 2014 and later. In addition to this new information, presented in Chapters 1 and 2, the book also has an updated chronology (Chapter 7), new information about important individuals and organizations (Chapter 4), updated statistical information about steroids and the use of performance-enhancing drugs (Chapter 5), a more current list of print and electronic resources (Chapter 6), and new essays by individuals with special and important perspectives on steroid-related issues (Chapter 3).