Types of doping in different in sports throughout years

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Drug abuse has had prevalence in sports throughout time, no matter what sport. I am focusing on four sports that cover a wide range of types of sports which include baseball, football, running and cycling. Drugs have affected all of these in different ways in baseball and football the main concern is steroids. These steroids are used for gains in strength and speed. Running and cycling use a different type of steroid. In running the main concern is EPO and other assortments of drugs. Cycling is the same as running multiple types of drugs. There are many cases of athletes doping in each of these sports. They range from semi-professional athletes to elite athletes and Olympians. Drugs have major effects in each of these sports.

Steroids are the biggest problem in football and baseball. Anabolic steroids are the biggest type of steroids used in baseball and football. Anabolic steroids make your muscles grow faster and bigger (National Institute of Drug Abuse 2012 para 2). Anabolic steroids promote the same type of growth as puberty (National Institute of Drug Abuse 2012 para 2). Baseball players use different ways of administering steroids such as like pyramiding and stacking. Pyramiding is done in normally a 6-12 week cycle in which dose or number types of steroids increase rather frequently. At the half way point of the cycle it reaches the maximum dosage then they start to taper down. In stacking athletes take two or more anabolic steroids either injectable or oral and in some cases both. In efforts to make muscles bigger than if they were just on the drug alone. Stacking and pyramiding have scientific benefit. In baseball players other than just power home run hitters take steroids. Pitchers also take steroids to help recover from pitching long outings. It helps recover the arm and make it stronger to pitch more often and longer (National Institute of Drug Abuse 2012 para 4). A drug that hasn’t had prevalence after it got banned was Bumetanide. It’s a drug that gets rid of unneeded salt and
water in the kidney and turns it into urine. It is also a masking agent that athletes use to make steroids. In running and cycling the big drug is EPO. EPO stands for Erythropoietin (Sahelian 2011 para. 1). EPO is a red blood cell precursor (Sahelian 2011 para. 1). Erythropoietin is a hormone that regulates the production of red blood cells (Sahelian 2011 para. 3). EPO also plays an important role in the brain's role in healing neuronal injury (Sahelian 2011 para. 3). It also helps in the wound healing process (Sahelian 2011 para. 3). EPO helps deliver more oxygen to the muscles which increase endurance capabilities (Sahelian 2011 para. 3). It also increases VO2 max. VO2 max is the maximum capacity of an individual's body to use oxygen during activities. VO2 max is usually how people determine someone's overall fitness. EPO is used as a performance enhancer as well as a recovery tool. It is used a performance enhancer as it helps during a race brings red blood cells to the muscles that need the oxygen (Sahelian 2011 para. 3). It is also used as recovery tool because the more red blood cells you have flowing to the muscles the more oxygen they get the quicker they can recover which helps in marathons. A lot of top marathoners say it takes about 6 months to fully recover from one marathon. It makes you wonder when you see a top pro running a marathon once every two months. The more marathons you run well the better sponsorship and more prize money you will win. There are also cases in running where runners take hormones such as Testosterone or Estrogen because while training with high mileage your hormones are at lower levels. So athletes that didn’t taper soon enough for a big meet or are training through the meet use hormones to get an edge up for competitive reasons. Cycling has a big problem with EPO and blood doping. EPO is used in cycling the same it is in running. EPO is used to recover and perform better. Blood doping is injecting red blood cells into the blood stream, which in turn
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It raises VO2 max. It also carries oxygen from lungs to the muscles. In sports the trainers collect the blood cells from the athletes well in advanced. They can freeze them and then thaw them out without damaging them. There are also problems with amphetamines and cocaine and other crazy types of drugs. Cyclist used cocaine as a way to stay awake and alert in long stage races and so they could respond quicker and have more energy. The use of cocaine has gone down because of the dangers of cocaine. Amphetamines were used to keep cyclist alert on the roads in the 1930’s to up know there are still people taking amphetamines to stay awake even though it’s not as common in today’s cycling. Amphetamines started to get used because they could stay in your system longer than cocaine. When cyclist took cocaine in long stage races the effects would start to wear off around the end of a stage where you need the alertness the most and the cyclists would fall off the back. The drugs and forms of administering drugs is definitely in sports, also the way to cover them up.

As stated earlier the biggest problem in football is the use of anabolic steroids and also masking agents. The reason steroids are so prevalent in football is because steroids help develop speed, strength and stamina. One of the most famous football steroid cases is Lyle Alzado. Lyle Alazado was a defensive end who played for 15 seasons for the Denver Broncos, Cleveland Browns and lastly the Los Angeles Raiders now the Oakland Raiders. (Thomas 1992 para. 5) He is most associated with Los Angeles Raiders; because that is the team he won a Super Bowl with them. Alazado reported started taking steroids in 1969 two years before he was drafted. Alazado started taking steroids to get bigger and become stronger because he knew that the steroids helped him play better (Thomas 1992 para. 4). Alazado knew that if he was took steroids he could just plow over the offensive line. Later in life, when Alazado was on
his death bed with a brain tumor caused by steroids, he became a big advocate for stopping the usage of steroids in sports. Alazado said in an article with Sports Illustrated “I started taking anabolic steroids in 1969 and never stopped. It was addicting, mentally addicting. Now I'm sick, and I'm scared. Ninety percent of the athletes I know are on the stuff. We're not born to be 300 lb....Now look at me. My hair's gone, I wobble when I walk and have to hold on to someone for support, and I have trouble remembering things. My last wish? That no one else ever dies this way” (Alazado). Alazado wasn’t so much addicted in the physical sense as much as the mental craving for the drug. In a sense Alazado became a life and death example of the damages of steroids. Steroids might have a positive effect while you are playing but the effects later in life are not worth it. Another scandal in the NFL was the diuretic scandal the use of Bumetanide. Only four players were named in the case those men were Deuce McAllister, Will Smith, Charles Grant and Bryan Pittman. These are big name players that could use these pills to get rid of steroids faster when they know a test is coming up. It pushes the water out of the body and flushes out the area where steroids are stored. Other sources say that these men haven’t used steroids at all in their career. They ended up appealing and winning. The drug Bumetanide is now ban for NFL players to take. It’s not a performance enhancer; instead it’s a masking agent. The steroid use in football is crazy you don’t hear about these cases because the athletes and trainers are ahead of the testers. Steroids will always be a problem in football until they get a better testing system intact.

Baseball has a bigger problem with steroids than football. In baseball it’s easier to see the athletes getting bigger because they aren’t wearing any pads. The fact that they aren’t wearing pads would make one think it’s easier to spot a guy on steroids. One of the more
recent and famous baseball doping cases was the Roger Clemens BALCO investigation. Roger Clemens is arguably one of the greatest pitchers of all time. He played for the Boston Red Sox, the Tonto Blue Jays, New York Yankees, Houston Astros and then back to the Yankees and most recently an independent league team the Sugarland Skeeters. The two main people that are in the case with/against Clemens are Andy Pettitte and Brian McNamee. Pettitte is a former teammate of Clemens who played with him. Pettitte is also considered one of the greatest pitchers and is normally mentioned in the same breath with Clemens. McNamee is Clemens trainer who people think injected Clemens with HGH and steroids. There has been proof from Brian McNamee that he had syringes that he used to inject Clemens with HGH and steroids while he was still playing in season and also throughout the winter months. There is also evidence against Clemens that have pictures a vial of steroids with his name on it and a syringe next to it. Those evidence would very easy to fake and make up. When Pettitte took the stand he defended Clemens when he was asked about a conversation the two of them had and he said I “only remember 50 percent” (Associated Press 2012 para.3) That sounds like a cover up, but this June Roger Clemens was cleared of any and all performance enhancing drug charges. On the other end of the spectrum big time sluggers and home run hitters who have used performance enhancing drugs to break records. There are two big sluggers that come from two different time periods Mark McGwire from the 80’s to the early 2000’s and Barry Bonds from the mid 80’s to 2007. Mark McGwire played for the Oakland Athletics form 1986-1997 and then for the Cardinals form 1997-2001. After he retired as one of the greatest home run hitters of all time he started to coach, he coached the St. Louis Cardinals from 2010-2012 and Los Angeles Dodgers 2013 to present. After the 1960’s or so the game got the name “juice ball”
because juice is a nickname for steroids and all the home runs being hit it seemed like everyone was on steroids. In 2005 McGwire and 11 other players and executives were brought to a congressional hearing on steroids. At the congressional hearing he didn’t state weather he took steroids or not. In an interview on January 11, 2010 McGwire admitted he used steroids. He claimed that they weren’t for performance enhancement but to help speed up recovery from injuries. (ESPN 2010 para. 3) A drug dealer that gave McGwire the steroids said McGwire wanted to get bigger and stronger to break more records. On the other hand you have Barry Bonds some would consider the greatest home run hitter ever or “the Home Run King”. Bonds played for the Pittsburgh Pirates 1986-1992 and the San Francisco Giants from 1993-2007. Bonds was indicted by a federal grand jury for perjury and obstruction of justice that he lied about taking steroids. Greg Anderson of BALCO was Bonds trainer since 2000 and was indicated by a federal grand jury for supplying multiple athletes with steroids. This led in questions about Bonds change in body structure and muscle through the time when there was no mandatory drug testing in baseball. In 2003 Bonds stated he used a clear substance and a cream he got from his trainer Greg Anderson. Bonds later leaked that he used “the cream” and “the clear” (Macur 2011 para. 6). Bonds later got put on house arrest after he was found guilty obstruction of justice. He got 15 to 21 months in jail but he was able to do it under house confinement. Bond has never come out in said he used steroids. The evidence is in the pictures when he played for the Pirates he was a smaller guy and wasn’t a huge power hitter. But years later when he played for the Giants he was massive almost like a Giant. Bonds almost undeniably used steroids to break records and I feel the guy to break his record will use steroids too. These are just a few of the high profile steroid cases in professional baseball.
Distance running around the world has been tainted by performance enhancing drugs. Not so much steroids to bulk up, but EPO to move more oxygen to muscles to help with endurance tasks. The best known runner who has been accused of using EPO was Bernard Lagat a native Kenyan who now competes for the USA. At the 2003 Outdoor World Championships they found traces EPO in his A sample he was later cleared of all charges when his B sample came back negative. Some are still suspicious of Lagat even though that was the only test he had that was remotely close to having any drugs traces in it. This is one of the few sports that semi pro athletes have been caught taking drugs. Eddy Hellebuyck an American Marathoner who now lives in Tucson and was a hot weather race specialist. In 2004 his 25 year running career took a turn for the worst. He failed an out of competition the United States Anti-Doping Agency (USADA). The test showed that he had used EPO while preparing for the US Olympic Marathon Trials. Hellebuyck admitted to using EPO in an article published in Runners World in 2010(Brant 2010 para. 11). In the 1980’s and 1990’s Eddy was the one of the most prolific and consistent road specialist around(Brant 2010 para. 11). Surmounting more than 20 marathon victories and boasted a PR of 2:11:50(Brant 2010 para. 11). A Russian in one of his training groups became his primary supplier of EPO. In the 2004 Twin Cities Marathon Hellebuyck said that he felt all the years of the EPO kick in at the last mile to help him hit his time goal. In April 2003 he continued his doping for the Boston Marathon. Hellebuyck had using EPO down to science use it 6 weeks before a marathon and then stop taking 2 days before the race because it would be out of your system in 48 hours(Brant 2010 para. 17). For example if your race was Sunday your last injection would be Thursday. He kept taking EPO while he was at the Olympic training center and got tested a little less than 48 hours after his
last injection of EPO and he found out in March 2004 after he finished 8th in trials that he tested positive. Hellebuyck career was forever tarnished. The sad thing is EPO actually works and is probably used to break most records. These are two cases of runners using or falsely using steroids in running.

Cycling is arguably one of the most scandalous sports when it comes to drug use and doping. Some of the biggest doping scandals have involved names that everybody knows from a sport that doesn’t get much publicity in the US, cycling. The earliest forms of doping in cycling go all the way back to 1886. A Welsh cyclist died after having a drink mixture of cocaine, caffeine and strychnine (Unknown 2010 para. 1). Bernard Thévenet of France was accused and found guilty of taking cortisone in 1975 Tour which he later went on to win (Keaten 2007 para. 2). He later said “The experience ruined my health.” There was Stephen Roche who was the first to accuse the peloton of using EPO. But Roche and his teammates denied using EPO in the 1993 Tour (Boyce 1969 para. 3). Later he was found guilty by a court but they couldn’t do anything seeing that Roche is Irish and the trial was in Italy because that’s where the race was. Then there was the Telekom Affair in 1996 where team Telekom was accused of using EPO. In 2007 it was confirmed that Team Telekom used EPO in the 1996 Tour which had star riders such as Erik Zabel, Bjarne Riis, and Jan Ulrich. Marco Pantani got thrown out of the 1999 Giro De Itali after testing for an unusually high red blood cell count. Pantani was one of the best climbers in the sport (Boyce 1969 para. 4). After his death people started to wonder if he really had doped. His cause of death was from an overdose on cocaine. So the possibility that one of the best climbers in the sport was doping hurts the reputation. The names Lance Armstrong, Floyd Landis, Alberto Contador and Eddy Merckx ring bells with people around the world. The three
cases stem from three big names Eddy Merckx. Lance Armstrong and Alberto Contador. Eddy Merckx is one of the best French cyclists of all time. He won 5 Tour de Frances (1968, 1970, 1972, 1973,1974) along with 4 wins at the Giro Italia, one Tour De Suisse and 3 road race world championships along with multiple other bike racing championships(Boyce 1969 para.4).

Merckx started doping in 1969 Giro where he took stimulants Recativan and Savona(Boyce 1969 para.4). He was promptly kicked out of the race on stage 16. The kicking out of the Giro for Merckx still has controversy to this day. People say the race officials mixed up the names. Merckx was very unhappy how the race handled telling him to leave his hotel and Italy with no explanation till the next day. Also there was no counter analysis. To this day Merckx says he was innocent in the 1969 Giro. His next episode was at the Giro di Lombardia in 1973. Merckx took a drug that his doctor prescribed to him not telling him of the banned substances(Boyce1969 para.4). Merckx was furious for being thrown out of the race for a drug that is banned but has no actual performance enhancers. The doctor the next day admitted to giving Merckx the drug apologized and he went on his way no penalty while Merckx who was in the lead got disqualified. Merckx third drug charge was at the 1977 Flèche Wallonne(Boyce1969 para.4). Merckx said that he couldn’t deny this charge like the others he was guilty along with 15 other riders. He also said he should have never trusted the doctor’s advice. These incidents made Merckx one of the most scandalous cyclists of all time. Lance Armstrong is an American cyclist who is probably the biggest thing to come out of the state of Texas. He won a record 7 titles at the Tour de France arguably the most prestigious race in all of cycling. Where the questions stem is how he did it when he won some of his Tour de Frances he was battling cancer. It takes an incredible athlete to just complete the Tour de France but to
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do it while battling cancer that is a feat unheard of. There had to have been some form of steroids of EPO in his system to get him through the race(Austen 2012 para.1). All of his tests have come up negative but his teammates apparently saw doing it and they joined in. There is a lot of backstabbing in this case and it’s a lot of he said or he said. Alberto Contador was a cyclist that fell to the “tainted meat”(Slater 2012 para. 1). The Tour De France drug testers found traces of drugs in his system. While riding in the Tour the investigation is considered over and Alberto served his suspension and is riding again. The sport of cycling is going to be forever tainted by all the doping scandals of past and now. Let’s be honest there is more doping coming in the future it’s unavoidable. It makes you wonder what really goes on behind the scenes of cycling.

As you can tell the effects of drugs on sports can be seen in any sport out there weather it’s power or endurance or strength and speed. Drugs have a predominant image of how sports are received in the public’s view. It also makes you wonder just what really goes on behind the scenes in sports.
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