

presents

# BIGGER, STRONGER, FASTER\*

\* THE SIDE EFFECTS OF BEING AMERICAN

**Directed by Christopher Bell**

**OFFICIAL SELECTION**  
SUNDANCE FILM FESTIVAL 2008  
TRUE/FALSE FILM FESTIVAL 2008  
FULL FRAME FILM FESTIVAL 2008  
TRIBECA FILM FESTIVAL 2008

[www.biggerstrongerfastermovie.com](http://www.biggerstrongerfastermovie.com)

CERT: 15

RUNNING TIME: 106 mins

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## SYNOPSIS

From the producers of *Bowling for Columbine* and *Fahrenheit 9/11* comes a thoughtful; irreverent; painfully personal and frequently hilarious new film about chasing the American Dream – whatever the cost.

At its heart, is the story of director Christopher Bell and his two brothers, who grew up idolising muscular giants like Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger. To both Bell and his brothers, the ‘don’t mess with the U.S’ Reagan years were a call to ripped, bulging arms, and all three went on to become members of the steroid-subculture in an effort to realise their American Dream. But what Bell discovers, through interviews, news, movie and cartoon footage, as well as home video of the Bell family, is a country in which it’s literally impossible to win if you play by the rules, because winners almost always cheat.

Blending comedy and pathos, **Bigger, Stronger, Faster** combines first person narrative with hilarious family revelations, as well as interviews with congressmen, professional athletes, medical experts and everyday gym rats. The result is a hugely entertaining and shrewd look at one of the side effects of being American, complete with guest appearances by the likes of Ben Affleck, comic-book maestro Stan Lee, disgraced athletes Ben Johnson and Floyd Landis and a hilariously clueless California Rep. Henry Waxman.

A sobering and timely meditation on what the U.S has become as a country, **Bigger, Stronger, Faster** is an unflinching exploration of a win-at-all-costs culture that can only define itself in the superlative – as the biggest, strongest fastest in the world.

## **FILMMAKERS NOTES**

### **Director/Writer CHRISTOPHER BELL**

In 2004, Senator Joe Biden testified before a Congressional Hearing on steroids that the use of performance enhancing drugs by athletes is "... simply Un-American ...". Hey, hold on a second. I've tried steroids and my two brothers still use them today. Is Senator Biden right? Are steroids Un-American? Are the Bell Brothers the Bad Guys? For a country that seems obsessed with being the best at everything, how can the choice of an athlete to enhance his own performance be Un-American? These are the big questions that motivated me to make a film about the use of performance enhancing drugs in American culture.

I grew up worshiping Arnold, The Hulkster, and Stallone. I wanted to "*Crush the enemy,*" "*Hang and bang at Gold's Gym,*" and tell Adrian "*I did it!*". But what I didn't know is that all of my heroes used steroids to get to where they are. When I eventually found out, I'd like to say that I was fine with it, but I wasn't - I was really disappointed, and then my disappointment turned to wonder: Is that what it takes to be an American Hero? Is that what I need to do? I have been struggling with the choice to take steroids ever since. I tried them once, but I felt guilty and had to stop. Why do I find them immoral, and yet both of my brothers made the other choice?

In 1988, the same year that Ben Johnson was stripped of his gold medal at the Seoul Olympics, my older brother Mad Dog became the only student in the history of our high school to go on to play Division One football when he started at the University of Cincinnati. We were so proud of him. And literally one week after arriving at training camp, he started taking steroids.

My younger brother Smelly started taking steroids while trying to get a professional wrestling contract with the WWE. One of his best friends was John Cena - the WWE World Champ - and he outweighed Smelly by about 40 lbs. If Smelly was going to make it as a pro-wrestler, he had to get on the "juice".

Turning the camera on my own family was a lot harder than I thought it would be. I don't think we'll ever be the same, but I also don't think we've ever been closer. This film forced us all to discuss an issue that nobody in America wants to talk honestly about. Many families struggle with issues like alcoholism, drug abuse, depression...My family's battle just happens to be with steroids. For the past twenty years, my brothers and I have been fighting our genetics, obsessing over what we eat, how we train, and what we're doing with our lives. Guys like us are sticking needles in their butts for the same reason young girls are sticking their fingers down their throats. Pop culture has convinced us that we're just not good enough. My brothers and I needed to find a way to become bigger, stronger, and faster - and we did, but at what cost?

I also wanted to find a context for steroids - what does the use of steroids by so many of our heroes say about ethics in our culture? Is this a problem unique to the athletes and gym rats, or is it a sign of a much bigger issue?

With a USC film school education and 20 years in the gym, I hoped to make a comprehensive, fully researched, and honest film about a topic that affects my brothers and me every single day. I'm just a kid from Poughkeepsie who likes to lift weights and make movies. BIGGER, STRONGER, FASTER\* is the best of both worlds for me.

### **Writer/Producer/Director of Photography ALEX BUONO**

BIGGER, STRONGER, FASTER\* has been a 3 year journey that began as a reunion with my friend Chris Bell. We met while at USC film school, and after graduating in 1995, we made a short film together called BILLY JONES, which was an anti-smoking themed dark comedy that played very well on the festival circuit. We lost touch with each other as we both pursued our careers, but then in 2004 I moved to Venice Beach, a few blocks away from Gold's Gym. I joined the gym, and to my surprise, there was Chris Bell – behind the front desk, selling gym memberships! Soon my morning workout included an often hilarious introduction into the bizarre characters and intense subculture of bodybuilding at this most famous gym in the world.

Around the same time, two sports news events were all the buzz at the gym: Barry Bonds was being called before a Federal Grand Jury in steroid investigation, and Jose Canseco was releasing a book called *Juiced* - about his experience with steroids in baseball, including his story of injecting Mark McGwire. I knew absolutely nothing about steroids, and the news about Bonds, Canseco, and McGwire was pretty shocking. Not so shocking, however, to Chris – who seemed to know a lot about this subject already, and pointed out that many of the gym rats I was working out with every day were on the same drugs.

The March 15<sup>th</sup>, 2005 Congressional Hearing into steroids in baseball was the event that finally sparked the idea that there might be a documentary happening in front of my eyes, and I began telling these gym-stories to my producing partner Tamsin. Her advice: it was timely and hot button, but not compelling enough to elevate beyond sports television. The story needed to be personalized, and we began meeting with Chris on the weekends to try to find an angle. Then seemingly prompted by chance, he mentioned that both of his brothers were currently ON steroids. Eureka! How had this not come up in the past few months? Like most of us when thinking about our own personal story, Chris was thinking: *who in the world would find my family's story interesting?*

The family story was what we needed, and the three of us – Chris, Tamsin, and I - formed a partnership, and quickly assembled a treatment for the feature doc. The next big leap forward happened when I brought the treatment to my agent, who also represented Jim Czarnecki, producer of *Bowling For Columbine* and *Fahrenheit 9/11*. My agent passed the treatment along, and Jim grabbed onto the idea. His immediate optimism and encouragement is what gave us the confidence to start pitching for the financing and, with Jim's guidance, we soon had a production budget and strategy to make a much bigger feature documentary than we had ever imagined. Jim also brought the invaluable connections to our co-producer Kurt Engfehr, who had edited the Michael Moore docs.

We began shooting in February of 2006. We had hoped to start in the fall of 2005, but we were determined to shoot the film in high definition, and there was a new camera about to become available called the Panasonic HVX200 – it was as small as a handheld camcorder, but recorded true HD, and was also capable of slow motion, which we thought would be great for our live sports sequences. The camera just wasn't available yet – so

we pushed our shoot dates and waited. That decision paid off – the camera finally arrived and was a dream to work with. Our workflow became quite complex, as the camera records to hard drives rather than tape. We spent 2006 traversing the country on a dozen road trips as a 3-person team: Chris was in front of the camera, I was shooting and recording sound, and Tamsin was field producing while downloading the hard drives and managing the media. We continued shooting through the spring of 2007, and by the end had accumulated over 400 hours of interviews from over 100 days of shooting.

Our goal was to interview ALL of the experts, the Congressmen, the athletes – everyone involved in the broader story of steroids in sports – and find the real truth: Are steroids deadly? Why are they illegal? Why would these athletes – the paragons of health – choose to risk their lives to enhance their performance? And even more interesting: what does it say about our culture that so many of our heroes are breaking the rules to win? Conversely, we approached our interviews with Chris' family as a humanizing element – one that would help us identify with the reasons for why someone would choose to use performance enhancing drugs – but we had no idea there would develop an entire story arc. The more we interviewed the Bell family, the true story of our film revealed itself.

It is a huge understatement to say that I had no idea what I was getting myself into. We thought the Congressional Hearings of 2005 was the news event that motivated our story – the “Columbine” or “9/11” of this film. Yet month after month, story after story broke. We were sure that the end of the rainbow would be when Barry Bonds finally hit homerun #756 and broke Hank Aaron's All-Time Home Run record – but then there was Marion Jones and the Bonds perjury indictment, and even as we finish the film, the just-released Mitchell Report outs dozens of baseball heroes as “cheaters”...It seems this story is far from over. We had pitched to our investors that we wanted to premiere the film at the 2007 Sundance Film Festival – and just one year tardy – here we are premiering at Sundance 2008.

My background and nearly all of my experience has been in narrative filmmaking, and now having made a feature documentary, I can finally recognize what a miraculous safety net and blue print the screenplay truly is. It almost seems like cheating. Documentary is a different beast altogether. The two filmmaking processes seem to have far more in contrast than in common, and my respect and appreciation of any documentary that manages to tell a comprehensible story has grown enormously – almost as if on steroids.

### **Writer/Producer TAMSIN RAWADY**

I knew very little about steroids when I began this film but was immediately intrigued when Chris told us he and his brothers had all used steroids, but he'd felt so guilty he'd thrown them away. This base idea sparked many long conversations with Chris about his own personal relationship with steroids, tapping into his vast knowledge of the professional sports world, gym subculture and growing up with American pop cultural influences.

While Congress was debating the medical issue of whether steroids were going to kill you, we were trying to dig deeper, and examine the ethical aspect of why American men and women were using steroids. What struck me first was that steroids are not like other drugs. People don't use them to get high or escape reality but with a purpose – to lift more, to run faster, to lose weight, or to make more money. The deeper we dug the more we realized that this was not just a medical issue at all. It encompassed everything -- politics, morality, mortality and ethics. We knew going in, this was going to be a huge

responsibility.

Chris, Alex and I spent eight months researching everything we could about steroids, and developed a detailed treatment, which became our guide for both pre-production, production and post-production. We tried to put down on paper every theme and debate that existed or could exist about this issue and then set out to capture it in interviews and archive footage. This was a massive undertaking and, as our crew looked to us for guidance, much of the direction was “find everything you can on...” or “track down everyone who has spoken about ....”

Our production and post-production started at the same time. As we conducted interviews, we also commenced editing, collecting and watching archive footage and reading interview transcripts, developing and refining paper-cuts in order to get a handle on all the material we were amassing. Chris would generate lists and lists of the pop cultural influences, including films, cartoons, and music, that he loved as a child and archive department would set out tracking them all down. While we were on the road, our editors worked tirelessly putting together cut after cut, in order to see every angle to this debate.

We all wore multiple hats on this film. Writer/Producer Alexander Buono is also a career cinematographer having shot and produced Academy-Awarding nominated short film *Johnny Flynton* and *Green Street Hooligans* starring Elijah Wood. This experience shooting narrative features, generated a polished cinematic style for the interviews. Our co-producers, Jim Czarnecki and Kurt Engfehr, who have had experience with some of the most successful essay-style documentaries ever made, *Fahrenheit 9/11* and *Bowling for Columbine*, helped keep us on track and offered great support and guidance as to how to take all the footage and make it into a cohesive documentary while still being entertaining to watch.

As we continued to write, re-write, edit, record voice over, collect archive footage and interview more people, it seemed like the “steroids story” itself was “on steroids” as it just kept getting bigger. We had hoped to finish a year earlier, however, more and more kept happening that we wanted to document not only within Chris’ family, but also within America and professional sports. We vowed to not stop until we were satisfied that we had combed through every transcript and every piece of archive footage to tell the best possible story about this debate.

We set out to make a film that gives audiences the chance to view all sides of the steroids debate in one cohesive film, while also being able to identify with Chris’ personal journey and have the opportunity to hear from a family that has had first hand experience.

I hope audiences leave the BIGGER, STRONGER, FASTER\* encouraged to argue and debate the ramifications of the win-at-all-cost attitude of our past leaders who turned a blind eye and allowed, if not encouraged, steroid use among our heroes because the rewards were too great, and ultimately set a course, where kids like the Bells grow up thinking that they have to use steroids in order to succeed in America.

## **FILMMAKERS BIOS**

### **Christopher Bell:           **Writer / Director****

Christopher Bell grew up in Poughkeepsie, New York, where his relationships with both film making and weight lifting began in his teens. While in high school, Chris directed a music video that won the Sony/AFI Visions of US award for Best Music Video. Juror Francis Ford Coppola recommended Chris to the USC School of Cinema/Television, where he graduated in 1995. He then wrote, directed and produced the anti-smoking themed short film *Billy Jones*, which screened at the AFI Film Festival, HBO Comedy Festival, Palm Springs Shorts Festival, and for which he won Best Director at the Yahoo! Film Festival and the New Orleans Film Festival. Premiere Magazine named *Billy Jones* a Top Ten Best Short Film of 2000. Chris' simultaneous relationship with weight lifting continued to develop and as he won film festivals he also won Bench-Press competitions, including the California State Power-Lifting Championship. His two passions led him to a position as producer and writer for World Wrestling Entertainment, where he created television segments for Smackdown, Monday Night Raw, and Wrestlemania. *BIGGER, STRONGER, FASTER\** is Chris' first documentary feature.

### **Alexander Buono:           **Writer / Producer / Director of Photography****

Born in Portland, Oregon, Alex moved to Los Angeles in 1991 to attend the USC School of Cinema/Television, majoring in film production and still photography. His early post-collegiate years were spent on the camera crews of studio films including *Twister*, *Conspiracy Theory*, and *Armageddon*, learning from top ASC cinematographers and personal mentors Conrad Hall, Don Burgess, and John Schwartzman. Soon after, Alex became a professional cinematographer of indie films, music videos, and as the Director of Photography for the *Saturday Night Live Film Unit*. In 2003 Alex received an Oscar Nomination for the short film *Johnny Flynton*, which he photographed and also produced. Alex repeated the dual role of cinematographer and co-producer on *Green Street Hooligans*, about London's football subculture starring Elijah Wood, which won both the Jury Award and Audience Award at the South By Southwest Film Festival, and showcased at the Tribeca International Film Festival. He was also the cinematographer of *Shanghai Kiss*, starring Hayden Panettiere, and shot in Shanghai, China. *BIGGER, STRONGER, FASTER\** is Alex's first feature documentary.

### **Tamsin Rawady:           **Writer / Producer / Line Producer****

Tamsin was born in Melbourne, Australia, and earned her degree from Melbourne University, double-majoring in Cinema and History. In 1998, Tamsin moved to Los Angeles to attend the UCLA Extensions Film and TV program, and thereafter produced the motocross sports-documentary film *Wrathchild*. Back in Australia, she produced the feature *Fishnet* for cult-film director Mark Savage, and became founding-partner in The Writer's Resource, a script editing service. In 2003 she produced, wrote and directed the one-hour documentary *Prep for Life* for Australia's SBS network. Following, she was awarded a development grant from Film Victoria and UN-AIDS for *The Sixth Wave*, a feature documentary about the AIDS crisis in Southeast Asia. As a producer, Tamsin's clients also include Granada Media, CourtTV, Australia's Nine Network, The Food Network, and Jack Morton Worldwide. She currently lives in Venice, California.

**Jim Czarnecki:                      **Producer****

Jim was the producer of *Fahrenheit 9/11*, (Winner, Palm d'Or 2004 Cannes Film Festival), and *Bowling for Columbine*, (Winner 2003 Academy Award for Best Documentary Feature.) Jim also collaborated with Michael Moore on *The Big One* and the television series *TV Nation*, two Rage Against the Machine music videos and anti-smoking Public Service Announcements. His other film credits include Executive Producer on *Love Liza*, (Winner Best Screenplay at Sundance 2002,) Line Producer/A.D. on Harmony Korine's *Julien Donkey-Boy*, Producer on *Rick* (starring Bill Pullman,) Production Manager on Alex Cox's *Sid and Nancy*, Second Unit Director on *Canadian Bacon* with television production credits including *Pee Wee's Playhouse*. He was an Executive Producer at Ridley Scott & Associates from 1999 to 2002 producing television commercial projects with Woody Allen, Martin Scorsese, Spike Lee, Chris Cunningham and Jake Scott among others. Jim is currently heading up *Maximum Entertainment*, a production company that will bring the cinematic talents of Harris Savides and talents like Noah Baumbach, James Gray and Harmony Korine, amongst others, into the world of television commercials and branded entertainment. He is also producing the documentary feature *Soundtrack for Revolution* being directed by Bill Guttentag and Dan Sturman.

**Kurt Engfehr:                      **Co-Producer****

Kurt has worked as staff editor at HBO, MSNBC and National Video Center, where he edited TV shows, music videos and documentaries. He was a promo writer for ABC and HBO, and senior editor on Michael Moore's Emmy nominated show *The Awful Truth* (1999). Kurt won the American Cinema Editors award for Best Documentary Editing for his work on *Bowling For Columbine* (2002), which he also co-produced. Unable to pry himself away from bowling, Kurt then worked on *A League of Ordinary Gentlemen* (2004), a documentary about life on the pro bowling circuit, which won the Audience Award at the 2004 SXSW Film Festival. Kurt followed that up by working on Michael Moore's next film *Fahrenheit 9/11* (2004) which he co-produced and edited. He most recently edited Angelina Jolie's directorial debut *A Place in Time*, Peter Askin's *Trumbo*, which premiered at the 2007 Toronto Film Festival and was the co-producer on Chris Atkins' *Taking Liberties* (2007) and Supervising Producer on Darryl Roberts' *America the Beautiful* (2007).

**Brian Singbiel                      **Editor****

Brian Singbiel taught himself the basics of editing on two old VHS decks in the basement of his suburban home near Detroit, Michigan. He moved to California to pursue a formal film education at Chapman University, earning a student nomination at the 2003 A.C.E. Eddie Awards. After graduating, Brian traveled to New York City to work under mentor Kurt Engfehr on the fashion documentary, *Seamless*. Brian took from this apprenticeship a new understanding of documentary editing. He continued to hone his craft by editing short films, spec commercials and music videos, while assisting more established editors on feature documentaries such as *Beautiful Resistance* and narrative films including Nick Cassavetes' *Alpha Dog*. *Bigger, Stronger, Faster\** is Brian's first feature documentary as lead editor.

## **FEATURED SUBJECTS**

### **THE FAMILY:**

#### **Mike “Mad Dog” Bell**

For most of his childhood, Mike “Mad Dog” Bell struggled with his weight. The kids at school would tease him, calling him names like “Pugsly.” But when he discovered that he was naturally strong, he used this strength to defend himself. He was a gifted athlete, becoming the Captain of his high school Football team two years in a row, which led to playing Division 1 College football at the University of Cincinnati. After always being the strongest and biggest kid at school, it was a rude awakening when he started playing college football. The other players were enormous. He then quit playing college football to pursue his childhood dream of professional wrestling. He started wrestling for the WWE but was only ever made a “jobber.” After years of playing the stooge, and getting deeper into drugs, he tried to commit suicide. Today, though married to a beautiful German girl, Nadine, and with a career as a successful trainer, he still struggles with his weight and self-image and his constant belief that there is something more that he should be doing to be successful in America.

#### **Mark “Smelly” Bell**

Mark grew up with a learning disability but was also naturally strong. As a teenager, he found success as a champion powerlifter. When he was older he followed in his older brother’s footsteps, becoming a pro-wrestler and using steroids. But he was married, with a young child, and didn’t want to live a life on the road. He moved to Northern California with his wife, and pursued powerlifting, opening his own gym. While his wife, Andee, had condoned Mark’s steroid use while he was pursuing his career as a professional wrestler, she does not understand why he still needs to use it for powerlifting.

#### **Rosemary and Sheldon Bell**

Childhood sweethearts, Rosemary and Sheldon Bell have been married for over thirty-seven years and have three sons, Mike, Chris and Mark. They have lived in Poughkeepsie, New York almost their entire lives. They are the all-American family. Rosemary was a stay at home mom, and Sheldon worked for IBM. They tried to give their three boys the perfect start in life.

## **FEATURED INTERVIEWS**

### **THE EXPERTS / DOCTORS:**

#### **Dr. Charles Yesalis**

Dr. Charles Yesalis is a professor of Health Policy and Administration, Exercise and Sport Science at The Pennsylvania State University, with a research focus on anabolic steroids and performance-enhancing drugs. Dr. Yesalis has spent the last twenty-five years researching and writing about the non-medical use of anabolic steroids and other performance-enhancing drugs. Dr. Yesalis has testified before Congress three times and has consulted for the US Office of National Drug Control Policy, US Senate Judiciary and Committees, the Drug Enforcement Administration, the Centers for Disease Control and Prevention, The Food and Drug Administration, Center on Addiction and Substance Abuse: National Commission on Sports and Substance Abuse, the NFL Players Association, the U.S. Olympic Committee, the National Collegiate Athletic Association, and the National Strength and Conditioning Association.

#### **Dr. Norm Fost**

Norman Fost is Professor of Pediatrics and Director of the Program in Medical Ethics at University of Wisconsin, which he founded in 1973. He is chair of the Health Sciences Human Subjects Committee, chair of the UW Hospital Ethics Committee, and director of the Child Protection Team. He was a member of Hillary Clinton's Health Care Task Force and numerous other federal and state committees. He received his AB from Princeton, his MD from Yale, and his MPH from Harvard. Fost, a self-described sports junkie, maintains that the health risks of steroid use have been overblown – and are much less than the dangers of playing contact sports such as football. He believes we are in the midst of a “steroid hysteria,” and that no actual links between steroids and serious diseases have been scientifically proven.

#### **Dr. Harrison Pope**

Dr. Harrison Pope is a psychiatrist and the director of the Biological Psychiatry Laboratory at Harvard Medical School's McLean Hospital. He is most known for his book, *The Adonis Complex* which explores male body obsession among American males.

#### **Dr. Gary Wadler**

Dr. Gary Wadler MD is an internist with a private practice in Internal Medicine and Sports medicine in Manhasset New York and is a Clinical Associate Professor of Medicine at NYU School of Medicine. He is the author of *Drugs and the Athlete* (1989) and is often the media go-to guy, making appearances on shows such as NewsHour with Jim Lehrer, Discover Channel's “Chasing Steroids” and NBC's The Today Show. Wadler currently serves on the World Anti-Doping Agency's (WADA) Prohibited List and Methods Committee and is Medical Advisor to the White House Office of National Drug Control Policy (ONDCP).

#### **Dr. Carlon Colker**

Carlon M. Colker, M.D., FACN is a consultant in the area of health and fitness, specializing in internal medicine, medical nutrition and sports medicine. Dr. Colker works with professional athletes and celebrities as well as large health systems, governments and private companies. In addition to running his company, Peak Wellness, Inc., in Greenwich,

Conn., Colker is an attending physician at Beth Israel Medical Center in New York and Greenwich Hospital in Connecticut.

### **Dr. Wade Exum**

Exum was Chief of drug testing for the US Olympic Committee from 1991 to 2000. In June 2000 he resigned and filed a federal lawsuit against the USOC in El Paso County District Court in Colorado, accusing them of fraud. He says the Olympic movement “quietly encouraged” athletes to use performance-enhancing drugs in order to meet the demands of international sponsors. He claims that his bosses impeded his efforts to prevent doping. Exum believes that almost six out of seven athletes found to be using illegal drugs in the nine-year period that he was Director of Drug Control were not penalized at all and their stories were kept quiet. He said that there were records kept at the USOC of positive tests that affirm these accusations. Exum also claimed that he was asked to participate in developing performance-enhancing methods and drugs, an opportunity that he denied. His case was that the USOC not only was covering up illegal drug use, but actively encouraging it.

## **THE EXPERTS / LAWYERS:**

### **Rick Collins, Esq**

Collins is a partner in Collins, McDonald & Gann, the foremost legal defender of bodybuilders and bodybuilding itself, and the official legal advisor to the International Federation of BodyBuilders. Collins has been interviewed as a steroids expert for countless articles and on many television and radio programs. He is the author of LEGAL MUSCLE and is a monthly columnist for the nationally circulated Muscular Development magazine and a member of their Advisory Board. In the late 1990s, he created [www.SteroidLaw.com](http://www.SteroidLaw.com) in order to help bridge the gap between the muscle world and the justice community.

## **THE EXPERTS / SPORTS WRITER:**

### **Scott Reid**

In 2003 Reid led a team of three reporters that exposed problems in U.S. drug testing programs for Olympic sports. Internal documents reviewed by the team of reporters show that officials also kept positive test results secret, including tests in 1988 that showed sprinter Carl Lewis had taken banned stimulants. The stories sparked an investigation by the International Olympic Committee and won second place in the APSE contest. The series was also an IRE award finalist. In January 2002 he revealed widespread federal Title IX violations by community colleges statewide prompting new legislation in California. He has won five APSE Top 10 awards for investigative reporting in the past six years. His Olympic coverage in 2000 won three APSE Top 10 awards, the most by a writer in the 250,000 and over circulation division. Prior to joining the Orange County Register in 1996, Reid worked at the Atlanta Journal Constitution and the Dallas Times Herald.

## **THE EXPERTS**

### **Gene Haislip**

Gene Haislip is the former Deputy Assistant Administrator, Office of Diversion Control for the Drug Enforcement Administration. He testified before Congress, on behalf of the DEA, at the 1989 Steroid Hearings.

### **Rehan Jalali**

Jalali has written several books, including *The Six-Pack Diet Plan*, and also holds frequent educational seminars on sports supplements. He works as a nutritional advisor with many elite athletes, professional sports teams and Hollywood celebrities, creating specialized programs of nutrition, exercise and supplements. Jalali started the SRF in 1998 in response to the misinformation that exists regarding dietary supplements. He set out to provide unbiased, research-based information on supplements, nutrition and fitness. SRF now has over 25,000 members.

## **ATHLETES**

### **Ben Johnson**

Born in Falmouth, Jamaica, Johnson immigrated to Canada in 1976. By the end of the 1984 season, Ben had established himself as Canada's top sprinter. In the 1988 Seoul Olympics, he set a new 100 meter sprint record and won the gold medal, at the same time beating bitter rival American Carl Lewis. However, soon after winning the race, Johnson tested positive for Stanozolol (Winstrol), and his gold medal was taken away and given to American Carl Lewis.

### **Floyd Landis**

Landis grew up in a conservative family in a Mennonite community in the village of Farmersville in West Earl Township, Lancaster County, Pennsylvania. He turned professional in 1999 with the Mercury Cycling Team, joined the US Postal Service team in 2002 and moved to the Phonak Hearing Systems team in 2005. Leading up to the 2006 Tour de France, Landis was widely known as the dark horse contender. On Stage 17 however, Landis had "one of the most epic days of cycling ever seen" and finished the day in third place overall. Landis pulled ahead in Stage 19 and retained the lead through Stage 20 to win the race by 57 seconds. However, after the race the results of a drug test were revealed, showing he had a high testosterone/epitestosterone ratio. He was subsequently stripped of the 2006 Tour de France title, fired from his Phonak team and placed on a two-year ban from cycling. He still claims he is innocent and is currently appealing the result to the Court of Arbitration for Sport.

### **Carl Lewis**

Born in Birmingham Alabama, 1961 Lewis was a skinny, small kid, the runt of the family. But both of his parents were runners and supported his passion for the sport. At the University of Houston he met coach Tom Tellez with whom he would stay throughout his career. Lewis had a long Olympic career, winning 9 Olympic Gold Medals, including the one he received after Ben Johnson was disqualified from the 1988 100 meter race. In 1997 Carl retired from all athletic competition (1996 was his last Olympics). He moved to Los Angeles to pursue an acting career, runs the Carl Lewis Foundation and is involved in

the organization of the Carl Lewis International Track & Field Camp and Festival held in Los Angeles.

### **Barry Bonds**

A major league baseball player, Bonds currently holds the all-time home run record with 762. On November 15<sup>th</sup>, 2007 he was indicted on perjury and obstruction of justice charges for his testimony that he gave during the BALCO case, denying that he knowingly used performance-enhancing drugs.

### **Louis Simmons and Westside Barbell**

A powerlifter and strength coach, Louis Simmons brought Russian strength training techniques to America. He has invented many strength training machines such as the reverse hyper and has been a strength consultant for the Cleveland Browns, Green Bay Packers, New England Patriots and Seattle Seahawks. He owns Westside Barbell where the strongest powerlifters in the world train, including champion Chuck Vogelwohl. He has been using steroids for over thirty-six years.

### **Dick “Smitty” Smith**

Smitty has been a strength trainer at Bob Hoffman’s York Barbell Club since 1937 and is a former assistant Coach for the US Olympic Weightlifting Team. He was in York when steroids were introduced to the weight lifters and even tried Dianabol for six months under Dr. John Ziegler’s supervision.

## **GYM RATS**

### **Gregg Valentino**

Valentino, 46, has the largest arms in the world – 27 inches. Valentino also has a column in Muscular Development Magazine called the Ramblin Freak. He has appeared on Ripley’s Believe it or Not and various others television shows and magazines. He created a cult bodybuilding video entitled *The Freak*. In January of 2006 Valentino was signed by Jekyll and Hyde Nutritional Enterprises, a sports supplement company, as a Product Spokesman.

### **Christian Boeving**

Christian grew up in the small town of Polar Bluff Missouri. He saw “Conan the Barbarian” at eleven and decided that he wanted to follow in Arnold’s footsteps. He started training with weights when he was fourteen and using steroids when he was sixteen. He has been on over 100 fitness covers worldwide and is the spokesman for the supplement Hydroxycut.

### **John Romano**

John Romano is the Senior editor of *Muscular Development* magazine. He writes a column, called “The Romano Factor” where he rants about the misconceptions of steroids and steroid users.

### **Jack Owoc**

Jack Owoc founded the VPX Sports Nutrition in 1993, a company that produces nutritional and prosteroid supplements. Owoc sells products that mimic the look of illegal steroids, complete with toy syringes that squirt the product into your mouth. Another of their

products RedLine, works to shred fat by activating the shivering response in the body, and promises that you will feel the fast-acting power in less than 5 minutes.

### **Paul Sullivan**

Paul Sullivan moved to California to train at Gold's Gym, chasing the dream of being an actor. He had a bit part starring with Sylvester Stallone in the arm-wrestling film "Over the Top." He still trains at Gold's and lives in his van in the back parking lot.

## **GYM RATS: WOMEN**

### **Lauren Powers**

Lauren Powers is an amateur bodybuilder, apartment wrestler and stripper.

### **Bee Smith**

Bee decided to move from Louisiana to Palm Springs to pursue her dream to work out at Gold's Gym and train with legendary trainer Charles Glass. (Looking at a map, she thought Palm Springs looked close to Venice). In Palm Springs Bee worked as a nurse and commuted back and forth to Gold's Gym every day. Eventually she and her daughter moved to Los Angeles and Bee now works making custom fitness bodybuilding outfits for male and female competitors.

## **PARENTS:**

### **Donald Hooton**

Don Hooton, a former Marketing Executive for Hewlett-Packard, is founder and chairman of the Taylor Hooton Foundation, an organization he started to fight steroid abuse after his son committed suicide in 2003. After his son's death, he contacted Dr. Gary I. Wadler, a New York University medical professor and a member of the World Anti-Doping Agency. "A son's voice can resonate from the grave," Wadler said he told the father. He encouraged and helped Hooton to set up the foundation, whose main aim is to warn young people of the danger of steroid use.

## **OTHER INTERVIEWS**

### **Jeff Taylor**

Jeff Taylor was diagnosed as HIV positive in the early eighties. He was hospitalized at 125 pounds, but using steroids, he put on 60 pounds to regain his health. The use of anabolic steroids to fight muscle wasting was considered "experimental" and Jeff had to seek out a doctor who would allow him to use this. Many of his friends weren't as lucky, and they ultimately died because they were not given access to these drugs.

## GLOSSARY

[From Rick Collins' "Legal Muscle"]

### *Anabolic*

The characteristic of building lean muscle mass through the increase of protein synthesis and other bodily processes (increased oxygen uptake, reduced need for sleep and reduced recovery time from workouts); often distinguished from the *androgenic* or masculinizing characteristics of steroids. Anabolic steroids may be simply called *anabolics*.

### *Anabolic Steroid*

Any of a class of pharmaceutical drugs that contain a synthetically manufactured testosterone hormone, or a related compound that is similar in structure or in its action to testosterone. These drugs may be referred to as *anabolic steroids (AAS)*, *anabolics*, *androgens*, or *steroids*, or in the vernacular as *juice*, *gear*, *roids*, or *sauce*. Excluded from this definition are the ancillary drugs used by muscle builders, which the uninitiated may refer to erroneously as steroids. This distinction is extremely important in terms of the potential legal consequences. Such excluded drugs include, but are not limited to: human growth hormone (hGH), human chorionic gonadotropin (HCG), clenbutoral, Clomid®, Novadex®, T-3, T-4, injectable Lasix®, insulin, Triacana, and insulin-like growth factor (IGF-1). Also excluded are popular over-the-counter products such as creatine monohydrate. *Anabolic steroids are federally classified as Schedule III controlled substances.*

### *Anaphylactic Shock*

A potentially fatal allergic reaction by the body to a foreign protein or organism, characterized by difficult breathing, bronchial spasm, dizziness, collapse, loss of consciousness, convulsions, and ultimately death. This reaction may be precipitated in persons allergic to insect bites, chemicals, medications such as penicillin, and foods such as nuts and shellfish. It is extremely rare with hormone drugs such as steroids; however, it's a possibility if contaminated or non-sterile substance is injected. This might be a concern because of the large number of counterfeit drugs, designer or basement drugs, impure veterinary and poorly manufactured drugs of third world origin that have flooded the market since the Anabolic Steroid Control Act.

### *Ancillary Drug*

Drugs that are not anabolics but may be used during and/or after a cycle to enhance the effects of the steroids or to prevent or minimize side effects. Such drugs may, for example, include diuretics, acne medications and estrogen blockers.

### *Androgenic*

The masculinizing properties of testosterone which are associated with deepening of the voice, body and facial hair growth, development of the male sexual organs, libido and aggression. It is these androgenic properties that are responsible for some of the undesirable side effects of steroids, especially in women.

### *Androstenedione*

A legal, orally administered, over-the-counter dietary supplement of the class commonly called *prohormones*. Popularized when baseball slugger, Mark McGwire admitted its use, androstenedione is a molecule very similar to testosterone, the principal male sex hormone. Its sole difference is that where testosterone has a hydroxyl group in a certain position, androstenedione has a keto group. Most simple, you can think of it as “one step away” from testosterone – its “precursor.” The body can convert androstenedione to testosterone (and vice versa) by use of a specific enzyme that is present in the body in fairly large amounts. In all mammals, androstenedione is produced in the gonads and adrenal glands. *On March 12, 2004 the Anabolic Steroid Control Act of 2004 was introduced into the United States Senate. It amended the Controlled Substance Act to place both anabolic steroids and prohormones on a list of controlled substances, making possession of the banned substances of federal crime. The law took effect on January 20, 2005. On April 11, 2004, the United States Food and Drug Administration banned the sale of Andro, citing that the drug poses significant health risks commonly associated with steroids.*

### *Bacne*

This is just what it sounds like, a slang term used to describe a severe case of back acne that some heavy AAS users may experience.

### *Blood doping*

A banned sports practice, often referred to as induced erythrocytemia, which may be performed for athletes seeking greater endurance and oxygen uptake. In essence, it usually involves the drawing of one to four units of the athlete’s blood (1 unit = 450 ml of blood) several weeks before a competition. That blood is then centrifuged and the plasma components are immediately re-infused, while the remaining red blood cells (RBCs) are placed in cold storage. The RBCs are later re-infused into the body, usually one to seven days before a high-endurance event. When done correctly, this process can increase the hemoglobin level and RBC count by up to twenty percent. The end result is that the athlete can have greater endurance through improved oxygen uptake.

### *Catabolism*

The process by which complex body components are broken down into simpler ones, it is most often associated with the breakdown of muscle proteins for energy. This process is often accompanied by rising cortisol levels, and is a most undesirable state for physique enthusiasts who are seeking to promote muscle growth (anabolism.)

### *Cycle*

A course of anabolics over a pre-determined time frame for the promotion of muscle size or strength. An AAS cycle is the illicit version of the legitimate use of prescribed medications over a course of time determined by a treating physician for the treatment of a condition or illness. In their most judicious use, steroids may be used in an “on” period of eight to sixteen weeks before taking an “off cycle.” At its worst, steroid use may continue year-round. Such use can lead to undesirable side effects and health consequences long-term. A cycle may be further refined in terms of whether the desired effect is to gain weight and size or to get as lean as possible. These may be referred to as “bulking” or “cutting” cycles, respectively.

### *Dianabol (Methandrostenolone)*

The original and long-discontinued Ciba brand name for the oral anabolic steroid methandrostenolone, also called methandienone. D-bol (D-ball) is the popular slang term. Dianabol is very popular because it gives great size and strength gains, but as an alpha alkylated compound it is stressful to the liver. It is most often used in conjunction with injectable anabolics. The most popular black market product is Anabol from Thailand, which is manufactured in pink, pentagonal 5 mg tablets typically purchased in tubs of 1,000 tablets but often shipped in smaller quantities to avoid mail seizure. Note that the tablet potency is only 10% of a tablet of Anadrol 50®, its chemical cousin. *Methandrostenolone is a Schedule III federally controlled substance.*

### *DSHEA (The Dietary Supplement Health and Education Act)*

The common name for Public Law 103-417 which was signed into law by President Clinton on October 25, 1994. For years, the Food and Drug Administration (FDA) regulated dietary supplements as foods, presumably to ensure that they were safe and wholesome, and that their labeling was truthful and not misleading. An important facet of ensuring safety was FDA's evaluation of the safety of all new ingredients, including those used in dietary supplements, under the 1958 Food Additive Amendments to the Federal Food, Drug and Cosmetic Act (FD&C Act). However, with passage of the Dietary Supplements Health and Education Act of 1994, Congress amended the FD&C Act to include several provisions that apply only to dietary supplements and dietary ingredients of dietary supplements. As a result of these provisions, dietary ingredients used in dietary supplements are no longer subject to the pre-market safety evaluations required of other new food ingredients or for new uses of old food ingredients.

### *Epitestosterone*

A biological form of testosterone that does not enhance performance. Drug tests for testosterone typically measure the ratio of testosterone to epitestosterone (T/E ratio). When the T/E ratio is above 6:1, the athlete fails. Testosterone and epitestosterone do not exit in the body in a 1:1 ratio. They are actually excreted in a 20:1 ratio, but by the time they are excreted in the urine they are in a 1:1 ratio. This is because testosterone is much more prone to metabolism than epitestosterone is.

### *EPO (Erythropoietin)*

This drug is genetically engineered protein that is clinically used to treat certain anemias, such as those associated with chronic renal failure and those secondary to cancer chemotherapy, by stimulating the production of red blood cells. The brand name is Epogen®. In cases of renal failure, severe anemia is caused by the insufficient production of erythropoietin, a protein naturally produced in the healthy kidneys, which circulates through the bloodstream to the bone marrow, stimulating the production of red blood cells. Without adequate amounts of erythropoietin, there are too few red blood cells to deliver oxygen sufficiently throughout the body. With few red blood cells, anemia develops, which can result in dialysis patients feeling fatigued to the point where they are unable to perform their usually daily activities. Healthy athletes, particularly those in endurance sports, may seek the red blood cell production that results from the use of EPO. The use of EPO by athletes is essentially an artificial method of *blood doping*. Additionally the use of EPO by athletes carries with it the same associated risk as blood doping, namely blood cell concentration.

### *Estrogen*

A collective term for the female steroid hormones estradiol, estrone and estriol.

### *Exogenous*

Originating outside the body and not produced by the body's own endocrine system. Anabolic steroids are exogenous hormones. Administering exogenous androgens will suppress the body's own endogenous androgen production.

### *Gynecomastia*

The feminization of the male chest, usually around the nipple, commonly caused by the use of drugs that convert into excessive estrogen, progesterone or prolactin. The slang term is "bitch tits."

### *Human Growth Hormone (hGH)*

A natural hormone produced in the human body by the pituitary gland that has become available as an injectable, synthetically produced drug. It has become a popular but expensive hormone in anti-aging medicine, and is reported to have highly positive effects when used medically in this context. Some of the brand names are Genotropin®, Humatrope®, Nutropin®, Protropin®, Saizen®, Serostim®, and Somatotropin®. *There is as yet no sports doping drug test to determine the exogenous use of this hormone. However, federal law prohibits the distribution or possession with the intent to distribute human growth hormone for use in humans other than for the treatment of a disease or other recognized medical condition under 21 U.S.C. 333. Violations may be punishable by imprisonment of up to 5 years (10 years if to a person under 18 years old.) Some states have classified hGH as a controlled substance.*

### *Injectable*

Any of those drugs that are administered through the use of a needle and syringe. It is important to note that steroids are administered intramuscularly, not intravenously (into the vein), the way a heroin user would. Injectable steroids may be oil or water based.

### *Jacked*

Slang term used to describe a physique that is huge and muscular.

### *Juicer*

A slang term to describe a bodybuilder who uses steroids. The term is most frequently associated with the heavy user.

### *Orals*

Anabolic steroids that are administered by mouth. These most commonly include Dianabol, Anadrol 50®, Anavar®, Andriol, Halotestin, methyltestosterone, and Winstrol® tabs. The most toxic steroids to the liver are those orals that are 17-alpha-alkylated.

### *Prohormone*

In December 1996, chemist Patrick Arnold announced the public availability of androstenedione, a natural precursor to testosterone which could be legally sold for oral consumption. Prohormones remained largely unknown to the general public until August, 1998, when home-run slugger Mark McGwire publicly revealed that he used androstenedione as an athletic performance enhancer. Since then, various other prohormones have been produced and marketed for the purpose of enhancing

testosterone and nortestosterone (nandrolone) levels, including, as examples, androstenediol, norandrostenedione, norandrostendio, 1-androstenediol, and 5-alpha androstenediol.

### *Roid Rage*

Slang, derogatory term used in reference to the alleged out-of-control aggressive behavior associated with steroid use. The so-called "roid rage defense" has been attempted as an excuse for bad behavior in criminal cases, however, so far, no jury has ever released anyone due to "roid rage".

### *Supplement*

A legal, over-the-counter dietary product used by athletes to augment their diet and training program. These products are most commonly in powder, tablet or capsule form and are administered orally.

### *Testicular Atrophy*

A highly undesirable side effect, shrunken testicles can result when exogenous androgens are introduced into the body, causing the body's feedback mechanism to shut down natural production of testosterone. With little to do, the testes shrink. This side-effect is usually reversible.

### *Testosterone Cypionate*

Probably the most popular form of testosterone, cypionate is a single-ester, long acting, oil based injectable form of testosterone that will keep levels elevated for nearly two weeks. Despite its long duration of action, users often prefer to administer injections up to twice weekly. It is commonly used as a base upon which to stack other steroids. Currently, a number of pharmaceutical companies have produced their own versions of this popular testosterone product, which commonly comes in 10ml vials but may also be packaged in ampoules, smaller vials, and larger vials. *Testosterone cypionate is a Schedule III Federally-controlled substance.*

## **A BRIEF HISTORY OF PERFORMANCE-ENHANCING DRUGS**

### **Ancient Greece:**

Ancient Olympics: In preparation for the Olympics, participants were to train and eat nothing but cheese and water, but it became widely known that the Spartan “coaches” were supplementing their athletes with various herbs and mushroom concoctions in an effort to give them a competitive edge. Greek athletes also ate sheep testicles to raise their testosterone levels. Others combined wine with strychnine, a poison used as a stimulant in small amounts.

### **1896: Paris-to-Bordeaux Cycling Race:**

Cyclists resort to stimulants to enhance performance and numb the pain. Heroin and cocaine were combined in a speedball. A less potent concoction mixed wine with extracts from the coca leaf. The first reported death from doping is the Welsh cyclist Andrew Linton, who died during the Paris-to-Bordeaux cycling race after drinking a substance reported to be trimethyl.

### **1936:**

The Berlin Olympics: the games were replete with rumors of performance enhancing drug use by German athletes. Sprinters were experimenting with nitroglycerine in an effort to dilate their coronary arteries. Germans won more Olympic medals than any other country – eighty-nine compared to the United States’ fifty nine.

### **1939:**

Biochemist Ernest Laqueur and his colleagues at the University of Amsterdam earn the Nobel Prize in chemistry for isolating the male sex hormone and coining the name for the newly identified hormone -Testosterone. (testo = testes, ster=sterol, one=ketone).

### **World War II:**

Reports of rampant use of amphetamines by US soldiers, who took them to stay awake and alert, and the use of testosterone by elite Nazi SS troops.

### **1942:**

The team physician of the St. Louis Cardinals directed that regular multivitamins be given to all the players. The athletic trainer convinced the players that these pills had more than just vitamins. Cardinals had an outstanding year.

### **Early 1950's**

Human Growth Hormone was made available to deficient children.

### **1955:**

Dr. John Ziegler, a team physician for the US weight-lifting team at the 1956 World Championships in Vienna, observed the Soviet team being injected with a substance he believed to be testosterone – perfectly legal at the time. One of the Soviet coaches told Ziegler the Soviets had been injecting weight lifters and other athletes with testosterone since the mid-1940s. He also told Ziegler that this was possible because of the German scientists who had defected to Russia at the end of WWII and brought their formula with them. Upon his return to the US, Ziegler contacted Ciba Pharmaceutical Company and

worked with its scientists to develop an oral anabolic steroid. The work culminated in the development of Dianabol, Ciba's trade name for methandrostenolone, which appeared on the market in 1960.

**1960:**

The Rome Olympics: the first games to be widely televised. Rome unveiled two high profile female Soviet athletes who had allegedly added testosterone to their training regimens. Tamara Press won gold in the shot put and silver in the discus while her sister Irina was a gold medalist in the 80-meter hurdles.

**1964:**

The Tokyo Olympics came to be known as the "Steroid Olympics." Rumors were in the air that the IOC was developing a banned-substances list and a program for drug testing.

**1967:**

Tommy Simpson, another world-class cyclist, died in the course of the Tour de France in 1967. An autopsy showed that Simpson had traces of amphetamines in his blood.

**1968:**

Richard Nixon embarks on his "war on drugs" campaign in 1968 – the same year that the International Olympic Committee starts their anti-doping testing.

**1970:**

Arnold Schwarzenegger wins his first of seven Mr. Olympia bodybuilding titles. He later admits to using anabolic steroids while training for the competitions.

**1972:**

Munich Olympics: The Soviets won four of the eight gold medals in weight lifting. The super heavyweight division was won by Vasiliy Alekseyev, a giant of a man, who was to break eight world weight-lifting records in six years. It is alleged that Alekseev was stacking more than 350 milligrams of anabolic steroids per day at his peak - seventy times the therapeutic dosage.

**1976:**

Olympics in Montreal: The East German women's swim team won 11 gold medals out of a possible 13. None failed a drug test, but that was because the sport scientists back home had already taken steps to make sure they would pass. Female swimmers were developing deep voices, body hair on their torso, acne, and other adverse effects of anabolic steroid use.

**1983:**

The NBA began drug testing.

**1987:**

The NFL began drug testing.

**1988:**

The Seoul Korea Olympics – the 100 Meter Sprint: Canadian Ben Johnson breaks the World Record, but later tests positive for the steroid "stanozolol" and his gold medal is given to second place winner, Carl Lewis.

**1989:**

Future president George W. Bush becomes managing partner of the Texas Rangers baseball team, where he manages both Jose Canseco and Rafael Palmeiro.

**1994:**

- Seven Chinese swimmers tested positive for steroids at the 1994 Asian Games.
- Hulk Hogan testifies in court that he used steroids over a period of 12 years “to get big” and also introduced WWF Chairman Vince McMahon to steroids during the filming of *No Holds Barred*.
- The Dietary Supplements Health and Education Act (DSHEA) passes on October 25, deregulating the supplement industry.

**1998:**

- McGwire (70 HRs) breaks Roger Maris' 37-year single-season HR record

**2000:**

- Bonds agrees to endorse ZMA, a supplement made by Victor Conte, owner of The Bay Area Lab Co-Operative, aka “BALCO”.
- Oakland A's Jason Giambi hits career-high 43 HRs with 137 RBIs, wins MVP.
- Marion Jones wins 5 medals at the Sydney Olympics.

**2001:**

- Barry Bonds breaks Mark McGwire's single-season home run record and wins his fourth MVP. He'll win the next three.

**2002:**

- New Major League Baseball labor deal includes first steroids-testing policy.
- Free agent Jose Canseco goes unsigned. He claims he was black-balled and may write a book.
- Retired baseball MVP Ken Caminiti is the first MLB player to admit to taking steroids. In *Sports Illustrated*, Caminiti says 50% of players take them.

**2003:**

- BALCO is raided by federal agents, and is discovered to be the source of performance enhancing drugs for major professional athletes.
- The BALCO client-list includes over 200 elite athletes - including Jason Giambi, Bill Romanowski, Marion Jones, and Barry Bonds - and many of who are called to testify before a Federal Grand Jury.

**2004:**

- In February, Attorney General John Ashcroft announces 42-count indictment against Conte, Barry Bond's trainer Greg Anderson and two others on charges of conspiracy and possession with intent to distribute steroids.
- The San Francisco Chronicle reports Bonds testified to using steroids unknowingly.
- Ken Caminiti dies of a heart attack at the age of 41.
- Jose Canseco publishes “*JUICED: Wild Times, Rampant Roids, Smash Hits, and How Baseball Got Big*”, in which he admits to his own steroid use, and claims to have injected Mark McGwire with steroids.

**2005:**

- MLB announces new drug-testing policy on January 13th. It includes year-round testing for steroids and stricter penalties, starting with 10-day unpaid suspension for first offense.
- Largely in reaction to Jose Canseco's book "*Juiced*", Congress holds hearings to investigate the use of steroids in baseball. Baseball Commissioner Bud Selig and union head Donald Fehr appear, as do Jose Canseco, Mark McGwire, Rafael Palmeiro, Sammy Sosa, and Curt Schilling.
- Rafael Palmeiro is suspended from baseball after testing positive for steroids, just a few months after famously testifying before Congress: "I have never used steroids. Period." He is investigated for perjury but no charges are filed.

**2006:**

- July 27: The Phonak cycling team announces that its rider, Tour de France champion Floyd Landis, tested positive for testosterone in an "A" sample test taken after his remarkable Stage 17 comeback. He is later stripped of his title.
- July 29: World champion sprinter Justin Gatlin reveals in a statement that he tested positive for testosterone at an April meet in Kansas. His World Record is revoked.
- Aug. 27: Six former members Carolina Panthers, including three of the five starting offensive linemen from the 2004 Super Bowl team, received numerous prescriptions for steroids and other banned substances, based on court documents in a federal case against a South Carolina doctor.

**2007:**

- February 16<sup>th</sup>, 2007: Sylvester Stallone flies into Sydney, Australia with vials of human growth hormone Jintropin (which is not only illegal in Australia, but also in America). He was charged with one count of importing a prohibited substance.
- June 25<sup>th</sup>, 2007: Chris Benoit kills wife, son and himself. It is discovered that he was using testosterone. Roid Rage is blamed.
- August 7<sup>th</sup>, 2007: Bonds break Hank Aaron's home run record, and currently holds the record with 762 home runs.
- October 2007: Five-time Olympic medalist Marion Jones admits lying to federal agents about her use of steroids prior to the Sydney 2000 Olympics. She is stripped of her medals.
- November 17<sup>th</sup>, 2007 Bonds is indicted on perjury charges and obstruction of justice by a federal grand jury for his testimony in the BALCO case.
- December 13<sup>th</sup>, 2007: Former Senator George Mitchell's report examining steroid use in baseball is released. Almost 70 professional baseball players are named in connection with using performance-enhancing drugs, including Roger Clemens and Andy Pettitte.

# **BIGGER, STRONGER FASTER\***

**DIRECTED BY CHRISTOPHER BELL**

## **Credits**

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