

PEAK PERFORMANCE

Part One
In a Series by
Dr. Fred Hatfield

Editor's Note: We are extremely fortunate to have Dr. Fred Hatfield share some of his insightful training ideas on achieving peak athletic performance without drugs. Dr. Hatfield is a prolific and creative writer of over fifteen books on weight training. After spending years as a track and field athlete, soccer player, gymnast, olympic weightlifter and bodybuilder, Dr. Hatfield turned to the sport of powerlifting. He is known as Dr. Squat and his 1014 squat in Hawaii this year was another world record; one of many set by this champion of champions.

"We make money the old fashioned way . . . we EARN it!" said the fat, old, comfortable-looking man on the TV commercial. The measure of pride in the old man's voice comes through loud and clear. And the proud conviction of athletes and coaches who do not use drugs to enhance performance comes through just as loudly. "I did it the HONEST way . . . without drugs!"

Sport is an inherently noble undertaking. It is, in a very real sense, one of the only noble undertakings left to civilized people. We all understand it for what it is – a quest for excellence.

But all of you engage in sport for different reasons. Many of them are less than pure – money, fame, recognition, narcissistic pride, patriotism. "The joy of effort" is one reasonably pure reason for competing, as is the unquenchable desire to tread where no person has trod before. Like Hillary's trek up the unconquered face of Mt. Everest – "because it's there."

There is no doubt that the least pure of motives are behind athletes resorting to illicit drugs to boost performance. Anabolic steroids have never contributed to one's level of joy in his or her sport conquests. To those indomitable spirits who choose to tread the higher ground to drug-free sport excellence, I heartily remove my hat.

And to those of you who continue to use drugs to enhance your performance, I challenge you to examine your motives.

I do not believe that athletes using steroids should be given the same high esteem that true champions enjoy, or the exalted position the old man's company earned. They earned their levels of excellence through hard work, dedication and an undying love for what they were doing.

But let's be realistic for a moment. I recognize the problems in the "trenches" of competitive sport. Athletes LIKE to be big and strong. They LIKE to be superior, to stand in the winner's circle despite the cost. Most continue their use of drugs because of the fear of the consequences of quitting, and because they don't believe the authorities who warn, "steroids are dangerous."

The real problem is that drugs often work successfully in promoting greater athletic accomplishment. The temptation is too great for many of you to resist. Another real problem is that the crusaders have failed (crusaders always



We have superior technology to be the best.

There is an alternative to steroids.

fail by definition) in their zealous attempts to dissuade athletes from using drugs. They failed because they have not given you any alternatives to drugs. Though their quest appears honorable enough, they aren't trusted by athletes. They're viewed as cranks with an axe to grind, and they are almost always ostracised from the inner circles where athletes learn the secrets of maximum sport performance.

Who are the crusaders? The writers of articles and books who employ scare tactics, the vociferous, uneducated officials and sport governing bodies the world over – the "little old men." Who are the crusaders? The purists!

I have some alternatives. I believe the use of anabolic steroids (and other drugs commonly used by athletes) can be stamped out. There are alternatives listed in this book that have not been given their due consideration by scientists or athletes. Nor by the crusaders. It's time!

With a national effort – one which utilizes the collective genius of both athletes and scientists, of sports officials and sports physicians – we can erase the plague of steroids. That steroids will never vanish through punitive tactics alone is an historical reality. It's time for action of a more positive vein.

Here's my plan:

1. Hit the pushers, and hit them hard. Cut off the illegal supply of steroids.

2. Research ways to eliminate the harmful effects of anabolic/androgenic steroids by manipulating the molecular structure of the drug. With the harmful effects of steroids eliminated or significantly reduced, the use of steroids in sport may become a moot point. (Of course, the ethical question regarding "fooling Mother Nature" would remain.)

3. Institute a nationwide education program that avoids the unnecessary and counterproductive scare tactics employed by crusaders. Emphasize alternatives to steroid use rather than the real or imagined dangers or the ethics of their use.

4. Disseminate better training information to the athletes. Use the vast resources available to the United States Olympic Committee, such as the Olympic surplus amounting to hundreds of millions of dollars, for training information.

5. Find viable alternatives to steroid use.

This series of articles will feature a compilation of substances, devices and practices which many of you have used. Some may be new to you. Some work, and others don't. It is a beginning.

A sixth measure bears separate mention – the question of punitive drug testing. If testing is to work, it must be: 1) punitive, 2) fair (all athletes must be tested), 3) carried out throughout the entire year at all competitions as well as at training sites, and 4) a helluva lot more discriminating than the current technology now allows. (The current International Olympic Committee labs have such a wide disparity of detection capabilities, testing validity and reliability that athletes and officials alike distrust their findings).

No one likes such "Big Brother" tactics, but if testing must be done – and it looks like the officials' wishes in this regard weigh more heavily than the athletes' – then these four conditions must be met.

If these conditions are met, then parsimony once more will reign between the worlds of athletes and officialdom.

The best alternative to steroids was discovered long before steroids. Train hard, eat properly, supplement scientifically, and motivate yourself with the dream of someday becoming all that you can become. We have the technology to expand this ideal to levels heretofore unimagined. We have the same heart as our forebearers, the same ideals, the same desire and confidence. But we have SUPERIOR technology! Let's pull together and use it to eliminate drugs as the most viable avenue to sports excellence.

In my next article, I will discuss in detail one of the hottest topics in sports nutrition: **Amino Acids.**

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Editor's Note: To go along with Dr. Hatfield's first point, I'm printing an Associated Press news release from San Diego.

Let's hit the pusher hard but then give our athletes the superior technology available today.

34 indicted in scheme to smuggle steroids

A federal indictment was unsealed Thursday that charged 34 people, including a University of Miami football coach and a former Olympic runner, with smuggling and distributing illegal body-building steroids.

The ring, which authorities said was begun by former Olympian David Jenkins of Oceanside, Calif., was supplied with steroids manufactured at two laboratories in Tijuana, Mexico.

The labs also were named in the 110-count indictment.

Assistant U.S. Attorney Phil Halpern said co-conspirators in the ring said they controlled 70 percent of the U.S. black market for the drugs, used primarily by athletes to increase muscle bulk.

The use of steroids has been linked to liver cancer, heart disease, hypertension, premature baldness and scarring acne.

"These steroids have been found during this investigation in high schools, colleges and in gyms across the country," Halpern said. "And it's not just professional athletes who are using them."

The manufacture and sale of steroids, chemically derived from the male sex hormone testosterone, is legal in Mexico.

In the months leading up to the indictment, hundreds of thousands of dollars worth of steroids were seized at border checkpoints and from aliens entering the United States illegally, U.S. Attorney Peter Nunez said.

All the steroids were found to be linked to the ring authorities said was headed by Jenkins and Juan Javier Macklis of Tijuana.

Jenkins, 35, is being held without bond in San Diego. Halpern declined to say whether Macklis was in custody.

Jenkins, who represented Great Britain, placed seventh in the 400-meter run in the 1976 Olympic Games in Montreal and the 1980 Games in Moscow. Halpern said Jenkins was arrested about three weeks ago.

Macklis, 48, owns United Pharmaceuticals of Baja California and Laboratorios Milano in Tijuana, both legitimate drug-manufacturing labs, Nunez said.

Daniel Duchaine of Benica and William Dillon of San Diego were named in the indictment as wholesale distributors.

Pat Jacobs, 31, an assistant University of Miami football coach in charge of strength and conditioning, was reported arrested after agents seized steroids, hypodermic needles and cash from his apartment.

In addition to the health risks from taking steroids, Halpern said the counterfeit packaging added danger. 51