

I was recently informed that I had tested positive for banned substances at the 2011 National Masters Championships. I do admit to taking **legally prescribed** medication for high blood pressure and hormone replacement therapy, all under the care of my family physician. I will also state that as a 63 year old I should not have to ask someone's permission to do what is best for my health and well being, at the risk of not being able to compete. I did not take any medications to gain a competitive advantage and for those who know me, my body type has not changed in over fifteen years, my throws have shown no dramatic improvement over time or any one point in time, I have arthritis in both hands and hips and have recently undergone a total hip replacement. While the inevitable character innuendoes will occur, I ask you to consider the following:

- Why should master's level individuals have to scurry around checking a massive list of banned substances and change medications that might not work as well just so we can comply with procedures designed for Open/Olympic competitors where individuals chase 100's of thousands of dollars and individual fame?
- I did not pursue a TUE because it would never have been approved; yet there is no research done on master's level athletes that would indicate hormone replacement therapy (AndroGel) is in fact a PED. It is easier for organizations to hide behind generalities than to have an open and honest debate about legal medications and how they may/may not improve performance with regard to master level athletes.
- What is the purpose of master's athletics? To set world records and improve one's reputation as 'the man'? I believe it should be about encouraging participation and wellness, trying your best given where you are in life at any given moment. At our ages we all have medical issues that medical science can help alleviate, so why not have a reasonable, well-intentioned PED policy.
- For those who have made it there mission to 'clean-up' the sport in the name of a level playing field you are chasing an illusion. Not because of drugs but because it is unattainable. We all compete against others who are bigger, stronger, faster, have better training facilities, a coach, someone to pay their travel expenses or whatever they are fortunate enough to have access to, so you will never level the playing field.

As for me I am sure my throwing days are done and hope that this country can someday have an intelligent discourse about masters athletics and legally prescribed medication usage. I will miss seeing all of my friends around the circuit and wish all of you good health.