

CALIFORNIA HORSE RACING BOARD**M e m o r a n d u m**

Date : July 24, 2008

To : All Owners, Trainers, Veterinarians, and Racing Officials

From : Kirk Breed
Executive Director

Subject : DIRECTIVE ON ENFORCEMENT OF ANABOLIC STEROID REGULATIONS

Effective August 1, 2008, the California Horse Racing Board will strictly enforce all regulations concerning anabolic steroids and will no longer issue "unofficial notices" when the test samples reveal unauthorized levels of anabolic steroids. There has been a grace period since testing for anabolic steroids began July 1 to allow for the implementation of new regulations, guidelines, and procedures, but beginning with races run on August 1, 2008, complaints will be filed against trainers or other licensees alleged to have violated the regulations.

Anabolic steroid violations will be handled in the same as all other medication violations. A notice of positive test will be issued to the licensee, who will have an opportunity to request a split sample analysis. Upon confirmation of a positive split sample, a complaint will be issued and a hearing date set. The subsequent rulings will be available on the CHRB website (www.chrb.ca.gov/rulings) and posted at the stewards offices.

"We are trying to implement this enforcement regulation in the most logical, timely way," said CHRB Chairman Richard B. Shapiro. "We have given notice to the owners, trainers, veterinarians and other track personnel. It is part of the process. The administration of all anabolic steroids to horses in competition must stop immediately. Complaints will be issued. The hammer is coming down. In this way, we are protecting the public and all of those who are playing by the rules."

Once the Office of Administrative Law approves the regulatory amendment adopted by the Board on July 17, testosterone, boldenone, nandrolone, and stanozolol will become Class III prohibited substances, which will require automatic disqualification and forfeiture of the purse along with any other potential penalties against the licensees involved. All other anabolic steroids already are in Class II or III of prohibited substances, and the use of which are subject to formal complaints and disqualifications.

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May 26, 2008

Dear Owners, Trainers, Breeders, and Participants:

We are writing this letter to make you aware of new regulations pertaining to the use of anabolic steroids in racehorses. The California Horse Racing Board has publicly and openly stated that we intend to eliminate the use of anabolic steroids this year in California horse racing. We will begin testing for steroids July 1. To ensure you do not have a positive test, the time to stop administering steroids is now.

Recognizing that anabolic steroids have been legally used in the past, we feel it is important to answer some of your likely questions about the new restrictions, provide a resource for you to contact should you have additional questions or concerns, and provide a mechanism to help you protect yourselves when you do not know the history of any horse in your care. This letter is purely informational, and we hope it is helpful to you. Should you have additional questions or need more information, please contact Dr. Rick Arthur, the equine medical director of the CHRB, either by e-mail ([Dr. Arthur@chrb.ca.gov](mailto:Dr.Arthur@chrb.ca.gov)) or telephone (626-574-6351).

Thank you and safe racing to all,

A handwritten signature in black ink, appearing to read "Richard B. Shapiro".

Richard B. Shapiro
Chairman
California Horse Racing Board

May 23, 2008

The California Horse Racing Board is providing this Q & A in an effort to answer likely questions pertaining to new regulations restricting the use of anabolic steroids.

Q: When will horses that have excess levels of steroids actually result in sanctions?

A: The necessary laboratory procedures and official testing of samples will begin July 1, 2008. We will start issuing complaints and/or warnings for violations after that date.

Q: Will all steroid violations be treated the same?

A: No. Testosterone, boldenone, nandrolone, and stanozolol are temporarily Class 4. All other anabolic steroids already are Class 2 or 3. Complaints will be issued for Class 2 or 3 violations after July 1. However, sanctions for the Class 4 steroids testosterone, boldenone, nandrolone, and stanozolol will be limited to warnings for the first few months until their reclassification to Class 3 is completed.

Q: When will the warning period end for those four steroids and complaints begin?

Probably in September. The first step in the regulatory process to move testosterone, boldenone, nandrolone, and stanozolol to Class 3 already has been taken. Once this regulatory is completed, all anabolic steroids will be Class 2 or Class 3. This is expected to be completed in September, at which time complaints will be issued for violations involving excess levels for those four as well.

Q: Under the new penalty guidelines, what possible sanctions will result for steroid violations?

A: All Class 2 and Class 3 steroid violations will result in purse redistributions and a minimum 30-day suspension for first-time offenders. Any warnings issued after July 1 for the Class 4 steroids testosterone, boldenone, nandrolone, and stanozolol could count as an aggravating factor against anyone who receives a complaint after they become Class 3.

Q. What medications used at the track are anabolic steroids?

A. Equipoise[®] (boldenone); Durabolin[®] (nandrolone), Winstrol[®] (stanozolol) and testosterone are the most common anabolic steroids used in racing. We occasionally will see trenbolone. There are many anabolic steroids available but they are not typically used in horses. If you have any questions consult your veterinarian.

Q. Are anabolic steroids all completely banned?

A. Veterinarians can still have and administer anabolic steroids on the racetrack. Anabolic steroids just cannot be found in post-race tests except at the threshold levels established by CHRB regulations.

Q. Why are any anabolic steroids allowed at all?

A. We have totally banned all anabolic steroids except four. Threshold levels have been established for testosterone, boldenone, nandrolone, and stanozolol. The first three are naturally occurring, also known as endogenous, in the horse. Testosterone is present in intact males, gelded males, and fillies. Nandrolone and boldenone are naturally occurring in non-gelded males. Even though stanozolol (Winstrol[®]) is a manufactured pharmaceutical anabolic steroid, the 1ng/ml level (1 part per billion) is below the detection procedures in most racing labs around the world. This level was not set to be permissive but rather to promote uniform national policies for anabolic steroids. Uniform rules do no good without uniform reporting levels.

Q. Is clenbuterol an anabolic steroid?

A. No. Clenbuterol is a beta-2 agonist, a bronchodilator. Clenbuterol is reported to have adrenergic (muscle building) activity but is not an anabolic steroid. Notwithstanding, late or excess administration of clenbuterol is a Class 3 violation itself.

Q. What are the withdrawal times on anabolic steroids?

A. As with all drugs, withdrawal times are specific to the formulation. As a group, anabolic steroids stay around for a long time, longer than any other group of drugs used in racing. Trainers should be looking at a minimum of 30 days with the water-based anabolic steroids, such as stanozolol (Winstrol[®]) and aqueous testosterone. The oil-based anabolic steroids, such as Equipoise[®] (boldenone), Durabolin[®] (nandrolone) and testosterone, will

need a minimum of 45 days. Therefore, we are advocating that administration of these drugs stop at this time.

Q. Can we rely on these withdrawal times? Are they “official?”

A. Just like all other drugs, the answer is an emphatic no. These are recommendations for minimum withdrawal times. There are too many variables involved to be more specific. Dose, route of administration, specific formulation, and multiple doses are all factors that cannot be controlled. Withdrawal times on these drugs are further complicated by the common use of compounded anabolic steroids. Compounded drugs do not have the same quality control standards as drugs manufactured at FDA inspected facilities.

Q. What are trainers to do to protect themselves from a positive?

A. The simplest answer is to not use anabolic steroids beyond this point.

Q. What about if I need to treat a horse with anabolic steroids? What can I do then?

A. The horse can be treated, but you must let sufficient time pass afterwards for the administered drug to clear the system, otherwise a positive test could result. The CHRB can arrange pre-entry testing, provided the treatment is documented by your veterinarian on the Confidential Veterinarian Reports. Your veterinarian must list the horse, route of administration, dosage and drug on the Confidential Veterinarian Reports to be eligible, and the race to enter cannot be within the minimum recommended withdrawal times.

Q. What will be the cost to have my horse pre-race tested, and can I routinely have all my horses tested?

A: The current drug testing budget for the CHRB allows us to provide pre-race testing at no cost to horsemen through the rest of 2008, provided you meet the requirements outlined in the previous answer. If those requirements are met, a trainer could make such testing routine.

Q. What if I claim a horse or buy a horse from another trainer?

A. The CHRB can arrange pre-entry testing with a legitimate documentation of transfer of ownership.

Q: Will California be alone in this effort?

A: No, Pennsylvania and Delaware already are regulating anabolic steroids, and the Racing Medication and Testing Consortium has recommended all jurisdictions have policies to regulate anabolic steroids in place no later than the end of this year. California is better prepared than most jurisdictions, so we are ready to move forward at this time. The Ken Maddy Equine Analytical Laboratory at UC Davis began gearing up early last year for the testing of anabolic steroids once it became clear this was going to be an issue in horse racing. While California might be ahead of most other states, anabolic steroids should be effectively regulated throughout the country by the end of the year. Never before has racing medication regulation moved so closely together as with anabolic steroids.

Q: What kind of notification and education are you planning to make people aware of the changes?

A: The CHRB has discussed this publicly for more than a year at Medication Committee meetings and monthly Board meetings. Dr. Arthur has been in close contact with the California Thoroughbred Trainers and other horsemen's groups in an effort to discuss and educate all parties on the new rules that are being enacted. The CHRB will schedule backside open meetings in Northern and Southern California to address any questions or concerns. Additionally, Dr. Arthur is willing to meet with trainers and veterinarians at any time to answer questions.

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MAY 12, 2008

CHRB ADVISORY

ADVISORY FROM DR. RICK ARTHUR, EQUINE MEDICAL DIRECTOR, CONCERNING ANABOLIC STEROIDS

The California Horse Racing Board is changing the regulatory scheme for anabolic steroids. There are several important regulations moving through the administrative process that will impact these drugs. This advisory will explain the status of those regulations and their implications for horsemen.

Threshold levels have been established for the four most important anabolic steroids. Those are testosterone, nandrolone, boldenone and stanozolol. As of May 31, 2008, these drugs will be regulated under CHRB Rule 1844. CHRB Rule 1844 is the same rule that regulates clenbuterol and several other drugs with specified threshold levels. CHRB Rule 1844 has been amended as follows:

1844. (e) Official urine test samples may contain one of the following drug substances, their metabolites or analogs, in an amount that does not exceed the specified levels:

- (10) Stanozolol; 1 nanograms per milliliter
- (11) Nandrolone; 1 nanograms per milliliter for geldings, fillies and mares; 45 nanograms for males other than geldings
- (12) Boldenone; 15 nanograms per milliliter in males other than geldings
- (13) Testosterone; 20 nanograms per milliliter in geldings, 55 nanograms per milliliter in fillies or mares. Testosterone at any level in males other than geldings is not a violation.

As a practical matter, horsemen will not see any changes until July 1, 2008, when the Maddy Laboratory begins in-depth testing of routine samples for anabolic steroids.

The CHRB's anabolic steroid regulations are modified from the RMTC model rules, which in turn are based on long established international regulations for anabolic steroids. Testosterone, nandrolone, and boldenone are endogenous anabolic steroids. Endogenous means they occur naturally. The normal levels of these endogenous anabolic steroids have been well established in the horses for urine and the regulatory threshold levels for a violation have a wide safety margin. Horses that have not been administered anabolic steroids are not in danger of a positive. However, boldenone is manufactured as Equipoise[®]; nandrolone is manufactured as Durabolin[®]; and testosterone is manufactured as generic testosterone. The most significant exception between the international and California regulations for anabolic steroids is the 1ng/ml threshold level for stanozolol in urine. Stanozolol is Winstrol[®], an exogenous, pharmaceutical anabolic steroid.

The CHRB has long planned a phased-in program for testosterone, nandrolone, boldenone and stanozolol regulation. That should still be possible but the exact timing is yet to be determined. The CHRB is dependent on the regulatory administrative process, which is outside of the CHRB's control and key steps have been delayed. Amendments to 1843.2 Classification of Drug Substances and 1843.3 Penalties for Medication Violations are pending. Provisions in those rules will have important implications for anabolic steroid violations. Until 1843.2 and 1843.3 are approved, anabolic steroids will be either a Class 4 or a Class 6 violation depending on the drug. Under the proposed changes to 1843.2 awaiting approval at the Office of Administrative Law, testosterone, nandrolone, boldenone and stanozolol will temporarily be Class 4 drugs. All anabolic steroids other than testosterone, nandrolone, boldenone and stanozolol, will be either a Class 2 or a Class 3 under the proposed 1843.2 depending on the drug. Class 2 and Class 3 drugs require purse redistribution. The CHRB will know the status of the proposed 1843.2 and 1843.3 before the end of May and their effective dates if approved. An updated advisory will be released and posted at that time.

There are no official withdrawal time recommendations for testosterone, nandrolone, boldenone and stanozolol. This is no different than any other drug, therapeutic or otherwise. However, horsemen should look at a minimum of 30 days for stanozolol and aqueous testosterone and 45 days for nandrolone, boldenone and non-aqueous testosterone.

California will be able to offer pre-entry screening for anabolic steroids through 2008. The exact details of that program will be communicated later. At a minimum, the trainer or veterinarian will be required to submit a record of the drug, date, dose, and route of administration with the urine sample. The treatment information will be required to match that reported by the veterinarian on their Veterinary Confidential reports to the Official Veterinarian. This means, practicing veterinarians must start putting the drug, date, dose, route of administration for any testosterone, nandrolone, boldenone and stanozolol preparations on their Veterinary Confidential reports for a horse to be eligible for this program. Veterinarians should begin doing this immediately.

There is a national effort to obtain better withdrawal time information for horsemen. Anabolic steroids have a long half-life, certainly longer than most any other drug typically used in racing. The RMTC is funding studies in Florida. Studies are also underway in Texas, Pennsylvania, New York and California to determine withdrawal times for testosterone, nandrolone, boldenone or stanozolol. Eventually, there will be more withdrawal time information for these drugs than has been available for any other drugs.