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Performance Enhancing Drugs in America's Pastime

William A. Hodges

University of Mississippi. Sally McDonnell Barksdale Honors College

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Performance Enhancing Drugs in America's Pastime

by
William Archer Hodges

A thesis submitted to the faculty of The University of Mississippi in partial fulfillment of
the requirements of the Sally McDonnell Barksdale Honors College.

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Approved by

Advisor: Dr. Charles Ross

Reader: Dr. John Winkle

Reader: Assistant Dean Charlie Mitchell

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ABSTRACT
William Hodges: Steroids in Baseball

Over the last couple of decades, steroids use has been a part of baseball. The goal of steroid users is to gain a physical advantage over other players in the league by taking these drugs. The drugs have a variety of different effects to benefit baseball players. Along with the benefits, steroids have many health risks. The history of steroids in baseball, although relatively recent, is still vast and is still being written. The MLB has worked hard to determine the proper action to deal with steroids. The first part of the thesis is to look into what steroids are and the effects they have on users, both positive and negative in determining if steroid use is worth the risk. The second part is to look into the history of steroid use in baseball, starting with Jose Canseco and going through the suspensions in 2013. The last part will look at the current policy on steroids and look at the future of the game and whether or not steroids should be legalized, and will show that steroids should remain illegal for the rest of baseball and those who used them should not be honored for their achievements. The primary resources for this include many articles from a variety of newspapers including the New York Times, USA Today, and many more. Another source of information includes the Mitchell Report to gain an understanding of the research MLB did to uncover the truth about steroid use. And finally Canseco's books are used, as he is the one who started steroid use in baseball. Using these sources, the history of steroids in baseball is summarized here; ultimately concluding that steroid use has tainted baseball and should remain illegal.

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LIST OF ABBREVIATIONS

MLB.....	Major League Baseball
PEDs.....	Performance Enhancing Drugs
AAS.....	Anabolic-Androgenic Steroids
BALCO.....	Bay Area Laboratory Co-Operative
IPA.....	Independent Program Administrator
HGH.....	Human Growth Hormone
HOF.....	Hall of Fame
BBWAA.....	Baseball Writer's Association of America
HPAC.....	Health Policy Advisory Committee
AROD.....	Alex Rodriguez

Introduction: Steroids in Baseball

From its origin, baseball has been more than just a sport in America. Throughout its history, baseball has been considered part of the American identity, thus placing it above many things. Starting in the 1990s and up to today, baseball has seen a dark cloud covering the sport. Performance enhancing drugs became a part of the game. PEDs come in a variety of forms and are usually a form of steroid or steroid stimulant. PEDs provide athletes with an advantage over the rest of the players in the league that are not using any form of drug to perform better. However, there are many health risks that come with abusing PEDs, which many players seem to either not know about or simply just not care about. Regardless, players using PEDs are attempting to gain an advantage in baseball at all cost even if it's a risk to their health.

Steroids were not always part of baseball, as one man introduced the drugs to baseball. Jose Canseco decided when he would start using steroids to fulfill a promise to his mother that he would become the greatest baseball player to ever play the game. In doing so, Canseco caught the attention of other players who desired to learn what he was doing to perform at such a high level. Canseco soon began to share his knowledge about steroids to players across the league, and within a few years steroids were everywhere in baseball.

In 2005, the steroid scandal reached an all-time high when Canseco released his book "Juiced," in which he listed many players that he knew used steroids, including himself. After the release of his book, MLB decided something must be done to put an end to the

steroid era in baseball. MLB investigated the scandal and created a list of all the players believe to be using steroids and began making changes to the rules to try and end steroid use.

Steroids continued to be used despite the efforts made by MLB and many players are still being suspended for using PEDs. MLB is left with many questions regarding the future. Should steroids be legal in baseball? What are the legacies of these players who have used them? In order for baseball to move on from the steroid era, MLB needs to answer these questions and determine what the future should hold for steroids and baseball, and whether to legalize PEDs.

Chapter 1: Steroids. What are they?

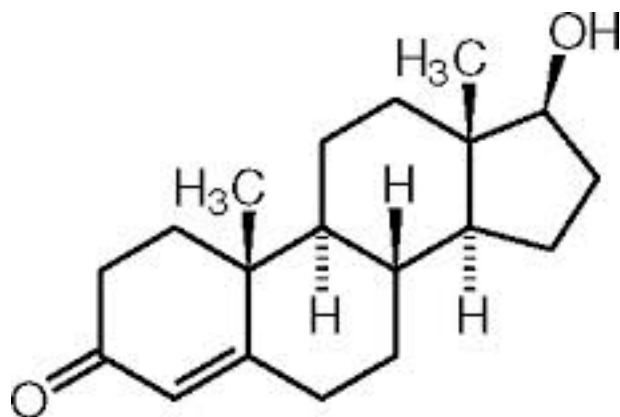
What are Steroids?

Over the past decade, the game of baseball has come to face an immense dilemma in regard to the integrity of the game. In 2005, Jose Canseco released his book, “Juiced,” in which he tells the story of his life, and declares that he used forms of anabolic steroids while playing professionally. He releases names of other players who had done so as well. Why was this such a big deal? What is wrong with using steroids? Before diving into the problem and history of steroid use in professional baseball, it is imperative to gain an understanding of what steroids are, what they do to baseball players who use them and finally the health gains and risks of using anabolic steroids.

Steroids, like many drugs, come in different types. In regard to the steroids that are being abused in professional sports such as baseball, the steroids that are typically used are anabolic steroids.¹ Anabolic steroids on a basic level are drugs, which resemble androgenic hormones otherwise known as male sex hormones. The hormone these steroids are acting as is primarily testosterone (pictured below).²

¹ Helmenstine, Anne Marie. “Anabolic Steroids: Performance Enhancing Drugs,” About.com: Chemistry. (p. 1).

² Fahey, Thomas. “Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance,” Encyclopedia of Sports Medicine and Science. (p. 1).



testosterone

In the realm of science, these drugs are referred to as anabolic-androgenic steroids with the abbreviation AAS. Anabolic simply refers to muscle building in the human body, and androgenic refers to the increased male sexual characteristics.³

As with any drug, anabolic-androgenic steroids have a good use in the medical field, but can easily be abused to gain a competitive edge on other athletes in competition.

In the medical field, doctors do legally prescribe anabolic steroids. In many cases, patients who are prescribed these drugs are ones who suffer from steroid hormone deficiency. Effects are promotion of appetite, the stimulation of growth, the inducing of male puberty or diseases that result in the loss of lean muscle mass.⁴ Other effects include diseases such as

³ “DrugFacts: Anabolic Steroids,” National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.1).

⁴ Helmenstine, Anne Marie. “Anabolic Steroids: Performance Enhancing Drugs,” About.com: Chemistry. (p. 1).

various types of cancer, and sexually transmitted diseases including AIDS.⁵ Problems occur when athletes obtain anabolic-androgenic steroids without a prescription and abuse the drugs to gain extra muscle to help their physical performance.

Experiments have been run in order to test the effects of these types of steroids, but the lab results fail to match that of professional athletes. This is largely because labs are only allowed to administer small doses, but athletes who abuse steroids, may take between ten and one hundred times higher doses than what is normally prescribed by doctors.⁶

Steroids can be taken in many ways. The two most common ways are orally (swallowing of pills) or by injection from shots.⁷ However, these are not the only forms, as many athletes have tried to be creative in their use of steroids in hopes of not being caught. Other forms of steroid intake include skin patches, while other forms may be applied to the skin in the form of creams or gels, which are simply rubbed in like lotion.⁸

In professional sports such as baseball, the athletes desire the anabolic effects of steroids more so than the androgenic. The anabolic effects of androgens include accelerated growth of bone, muscle mass, red blood cells and neural conduction.⁹ The work of anabolic steroids includes two processes. In the first process, steroids initially increase the production

⁵ “DrugFacts: Anabolic Steroids,” National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.1).

⁶ “DrugFacts: Anabolic Steroids,” National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.1).

⁷ Helmenstine, Anne Marie. “Anabolic Steroids: Performance Enhancing Drugs,” About.com: Chemistry. (p. 1).

⁸ “DrugFacts: Anabolic Steroids,” National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.1).

⁹ Fahey, Thomas. “Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance,” Encyclopedia of Sports Medicine and Science. (p. 1).

of proteins, with the creation of many amino acids. The proteins then serve as the basic building blocks for muscle tissue. At the same time as the steroids are creating more proteins for muscle growth, the same steroids work to block the effects of cortisol on the muscle tissue. Cortisol serves to break down muscle tissue, thus creating a balance between growth and decay.¹⁰ In preventing the effects of hormone cortisol, steroids slow down the rate of existing muscle being broken down, this is a process referred to as anti-catabolic effect.¹¹ Therefore the first process of anabolic steroids serves to create an environment in the body where muscle mass is created at a higher rate and muscle decay is decreased. This allows athletes to gain much more muscle mass, and in doing so, athletes are able to have a quicker recovery time, which enables them to go back and work out sooner, thus creating even more muscle.¹²

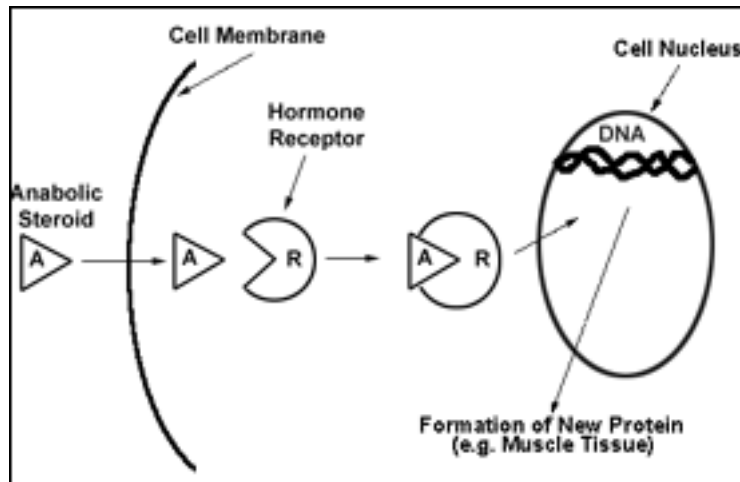
The second process of steroids deals with cell differentiation. Anabolic steroids take cells, and influence them to differentiate into muscle cells rather than fat cells, thus creating less fat tissue and more muscle tissue.¹³

¹⁰ Helmenstine, Anne Marie. "Anabolic Steroids: Performance Enhancing Drugs," About.com: Chemistry. (p. 1).

¹¹ Fahey, Thomas. "Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance," Encyclopedia of Sports Medicine and Science. (p. 2).

¹² Fahey, Thomas. "Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance," Encyclopedia of Sports Medicine and Science. (p. 1).

¹³ Helmenstine, Anne Marie. "Anabolic Steroids: Performance Enhancing Drugs," About.com: Chemistry. (p. 1).



The figure above shows the chemical process of anabolic steroids on a cell level. The triangle A on the left is the anabolic steroids hormone that secretes into the cell through the cell membrane. Once inside the cell, the steroid hormone locates the hormone receptor and attaches to (as seen in the middle). Once attached the DNA production in the nucleus forms new protein, which later goes through translation and codes for muscle tissue growth.¹⁴

Health Risks with Steroids:

Knowing what steroids are is only part of what must be known to gain a full understanding of steroid use. In order to realize why steroid use has been illegal with the “Anabolic Steroid Control Act of 2004,” it imperative that one is educated on the health risks when using, and especially abusing anabolic steroids.¹⁵ The risks of steroid use consist of a wide range of potential side effects. The effects can vary depending on the user, as it will

¹⁴ Fahey, Thomas. “Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance,” *Encyclopedia of Sports Medicine and Science*. (p. 1).

¹⁵ “Steroid Timeline: From Germany to USA,” *Steroids in Baseball*. (p.1)

effect men differently than women and have different effects on adolescents than it will on adults.

One of the health risks involved with the use of steroids is the effect they have on the brain. Unlike some abusive drugs, steroids do not cause immediate effects on the neurotransmitter dopamine, which is responsible for the “high” one gets while using drugs for recreation. Long-term use of steroids, however, can result in disrupting some brain pathways and chemicals including dopamine and opioid systems.¹⁶ If this occurs then steroid users can develop aggression, which is where the term “roid-rage” comes from, along with other psychiatric problems, which scientists term as a “psychosomatic state.”¹⁷

Other health risks that are common despite gender and age include some serious health problems. The heart is an area of major concern for steroid abusers. The abuse of anabolic steroids can lead to changes to the size of the heart. The heart can be enlarged by over use of steroids.¹⁸

The last of the common health risks with steroid abuse include problems with the kidneys, liver, blood pressure and cholesterol. If steroids do begin to affect the kidneys, this could lead to kidney failure and liver failure, which ultimately could lead to death. Now use of steroids could cause individuals to develop high blood pressure, and harmful changes in

¹⁶ “DrugFacts: Anabolic Steroids,” National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.2).

¹⁷ Fahey, Thomas. “Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance,” Encyclopedia of Sports Medicine and Science. (p. 3).

¹⁸ “DrugFacts: Anabolic Steroids,” National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.2).

the cholesterol levels of the blood. If this were the case, then users could increase their risk of having a stroke or heart attack, no matter how old they are, teen or adult.¹⁹

The effects steroids have individuals is different based on their gender. In females, the abuse of anabolic steroids may lead to the excessive growth of hair on their bodies, including their faces. Women may also experience their voices deepen while using steroids, have their breasts reduce in size and develop changes in their menstrual cycles.²⁰

Men on the other hand suffer tremendously from the abuse of steroids. The least of the health risks that men face is the development of breasts. When men abuse steroids, they are in jeopardy of having their testicles shrink, thus causing a reduced sperm count. If males develop reduced sperm counts, their fertility rates go down. One last risk that men face when abusing steroids is the increased possibility of prostate cancer.²¹

Finally, age differences in users affect the possible health risks of steroid abuse. All adolescents can develop the same health risks listed above for men and women, but can also develop several more. If young teens abuse steroids, they could potentially stunt their growth due to premature skeletal maturation and accelerated puberty changes, and thus risk the chance of not reaching their potential height.²²

¹⁹ Helmenstine, Anne Marie. "Anabolic Steroids: Performance Enhancing Drugs," About.com: Chemistry. (p. 1).

²⁰ DeNoon, Daniel. "Why Steroids are Bad for You: The 411 on Steroids' 911," WebMD: Fitness & Exercise. (p.2)

²¹ "DrugFacts: Anabolic Steroids," National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.2).

²² DeNoon, Daniel. "Why Steroids are Bad for You: The 411 on Steroids' 911," WebMD: Fitness & Exercise. (p.2)

One last health risks, comes from the injections for steroids. Like any other drug that is injected into the body by a needle, users may acquire HIV or even hepatitis if the needle is not sterile.²³

Benefits or Advantages with Steroids:

Many steroid users understand the risks to their health if they use anabolic drugs, but they still do them--so clearly these individuals feel that it is worth the risk. In order to understand why so many professional baseball players use steroids, one must look at the various benefits of using steroids. By using anabolic androgenic steroids players hope to increase muscle strength, body size, healing rate, boost endurance and work out longer.

In baseball, strength is not needed in the same way as other sports such as football but in its own ways.²⁴ A hitter's best strength is his bat speed. The quicker a batter can get the bat around, the greater the pop and power they can put behind the ball. A study in 2007, carried out by the scientist Rogerston, set out to determine the effects of testosterone-induced steroids. The results of the study showed that bench press strength increased greatly and in a shorter time period than it would normally take.²⁵

Another study performed by Giorgi in 2009 tested the correlation of steroids and body size. The results from their tests proved that the testosterone supplements significantly increased the girth in the muscles of their test subjects arms including the biceps and also

²³ "DrugFacts: Anabolic Steroids," National Institute on Drug Abuse: The Science of Drug Abuse and Addiction. (p.3).

²⁴ "Anabolic Steroids- Types-Benefits-Athletes and Steroids-Testing for Steroids Risk," MedIndia. (p.1).

²⁵ Linnaeus, Thomas. "What are the Benefits of Steroids for Athletes?" Livestrong. (p.1)

muscles in their legs.²⁶ Another test was taken in an attempt to support this idea as well, and according to Thomas Fahey of the Exercise Physiology Laboratory in California subjects saw a bench press gain of fifteen pounds and a squat press gain of around thirty pounds.²⁷ All of these tests prove that steroids do improve muscle strength, and at the rate that some ballplayers take them, the results can be extraordinary.

In baseball the attributes listed above are of great help. Like hitters, pitchers can develop more strength and become a tougher pitcher. Anabolic steroids can increase a pitcher's arm strength, allowing him to throw harder and more pitches. Steroids will also speed up the recovery period so the pitcher is ready to go for his next appearance. Pure strength is not the most important aspect of steroid use. Many people look at the major sports in America and see football, and then basketball as games that are physical and very demanding on your body. This assumption is correct, but people also don't think baseball is very demanding physically, which is incorrect. Professional baseball might be the most demanding sport in the world. Players arrive at Spring Training in early-to mid-February to begin training for the season that starts around the end of March or the beginning of April. Once the season begins, teams play 162 games of nine innings each, with each game lasting around three hours. One hundred and sixty-two games is twice the number in professional basketball. Games are also played throughout the summer in places like Florida, Texas, and Arizona, where average days are above 100 degrees at first pitch.

²⁶ Linnaeus, Thomas. "What are the Benefits of Steroids for Athletes?" Livestrong. (p.1)

²⁷ Fahey, Thomas. "Anabolic-Androgenic Steroids: Mechanism of Action and Effects on Performance," Encyclopedia of Sports Medicine and Science. (p. 2).

One of the greatest accomplishments in sports history is a record held by Cal Ripken Jr. Cal Ripken holds the record for most consecutive games played, at 2,632 straight games that spanned over 16 years. That kind of feat is unheard of.²⁸ Most baseball players wear down and take days off during the long grueling season. Steroids help overcome fatigue. When players take steroids, their bodies recover quicker from exercise, a lot more quickly than the average player.²⁹ Now this may seem minimal, but when a batter has played five games in a row and he steps up to the plate and is tired, often times he cannot perform to his utmost ability and they take an at-bat off. Steroids allows him to overcome that problem and take advantage of more at-bats, thus giving him a better chance to put up better numbers throughout the season. This is perhaps the greatest advantage to baseball players that steroids provide. Players also enjoy the other attributes like increased strength so they can hit more home runs during the season or strike out more batters, but the most important part is the ability for the players to increase their durability and stamina so that they can make the most of every opportunity they have.

Anabolic-androgenic steroids are fairly simple in terms of what kind of drug they are. When all is said and done, athletes that are abusing or even just using steroids, are looking for a supplement that will act as testosterone to increase the synthesis of proteins that are translated into muscle tissue, thus increasing one's muscle mass and also limiting the cortisol effects allowing those athletes to work harder and longer and recover at a much quicker rate. Some athletes are determined to use the drugs without a prescription, and abuse them, in attempt to gain some kind of physical advantage over the rest of the players in their sport.

²⁸ "Consecutive Games Played," Baseball Almanac. (p.1).

²⁹ "Anabolic Steroids- Types-Benefits-Athletes and Steroids-Testing for Steroids Risk," MedIndia. (p.1).

Steroid use has been a problem in America's Pastime. Baseball has attempted to deal with the use of steroids and how they have helped players achieve records. Baseball will arguably continue to have this challenge.

Chapter 2:Origins of Steroids in Baseball:

For over a century, baseball has been called America's pastime. Baseball was not simply seen as a sport, but has been viewed as something more. In the years during the Great Depression, baseball gave people relief and hope. In those years, heroes were made in baseball in the likes of Lou Gehrig and Babe Ruth. Baseball meant more to fans than just something to watch, and that continued to be the case throughout the decades. With that in mind, some of the most infamous baseball icons came about after disgracing the game. One of the most infamous players is Pete Rose who would gamble on the games he played in. His actions have left him as one of the most hated players to play the game. A lifetime ban from the Hall of Fame was placed on him, despite numbers that are well deserving of the honor.

Baseball also had teams develop curses because of their actions or luck. For the longest time after selling Babe Ruth to the Yankees, the Red Sox could not win the World Series. Other teams like the Chicago Cubs have seen fans ostracized by the whole city for perhaps costing them the World Series. Baseball during most of the 20th century was more than a game, it was life.

During the mid 1990s however, baseball hit a wall which affected the game in more ways than one. Starting in 1993, baseball experienced a financial crisis, resulting in the owners of the teams thinking a salary cap would be the best remedy. The owners tried to

take things into their own hands and leave the MLB commissioner with less power. The players association disagreed with the salary cap and threatened to strike during the 1993 season.

By December of 1993, no new negotiations over salary caps were made between the two sides. In June the following year, the owners withheld 7.8 million dollars they were supposed to pay to the players pension, leaving the executive of the players association no choice but to initiate a strike.³⁰

The strike lasted from August 12, 1994 to April 2, 1995, leading to the cancellation of a total of 948 games including the postseason. The strike was viewed as the worst stoppage in baseball history.³¹ Despite the fact that almost half a season and postseason was lost due to the dispute, which simply came down to money, baseball still faced other challenges. When the next season started, the fans were still upset with baseball to the point where they viewed the strike as an act of war. Television ratings went down and attendance plummeted. From the beginning of the 1994 season before the strike to the 1995 season after it, attendance decreased by around 20 percent.³²

The question soon became what would get fans back into the seats to make baseball a more profitable sport again, and the answer came from steroids. To the regular fan, who has little knowledge of the game, baseball is simply exciting when someone hits the long ball. Many people claim baseball is boring and think that the only thing worth seeing is someone

³⁰ Lopresti, Mike. "Strike timeline". *USA Today*. September 13, 2004.

³¹ "Labor Pains". *CNN.com*. August 8, 2002.

³² Kornheiser, Tony. "Baseball Is Suffering A Silent Spring". *The Washington Post*. p. H1. April 29, 1995.

hitting a homerun. That is what baseball teams felt they needed to get fans back into the seats. The answer to how this would be done came from a man that perhaps no one would have expected. Jose Canseco changed the game of baseball; unfortunately it would not be until 2005 that people came to know how negative that change was.

The Godfather of Steroids:

In 2005, Canseco released, “Juiced,” in which he described his whole life from childhood through baseball. Canseco reveals the truth about his use of steroids. The most important portion of this book included Canseco naming players that also used steroids. In his book Canseco estimated that about 80% of all baseball players in the game use steroids. This started the whole steroid scandal that would ultimately taint the game for years.³³

In “Juiced,” Canseco also provided a detailed history of his life with steroids. It all started after he made the promise to his dying mother that he would become the greatest player to ever play the game. He took his promise literally and would do anything to become that player. At the time he was still in the minors and a smaller guy. In 1984, as he started experimenting with the drugs, he used only basic growth hormones. After a year of simple, basic steroids, Canseco developed a better understanding of which steroids gave him abilities in what areas. As he entered his rookie season he was using all kinds of steroids: ones for strength, ones for quick-muscle-twitch fiber and ones for foot speed. With steroids, Canseco

³³ Jose Canseco, *Vindicated: Big Names, Big Liars, and the Battle to Save Baseball* (New York: Simon Spotlight Entertainment, 2008), Chapter 1.

saw a vast improvement in his game as he was becoming like a machine on the diamond, crushing the ball and being able to run fast for a guy his size.

His career really took off toward the end of the 1984 season in Modesto. Canseco began to make a name for himself as the top prospect in the league prompting everyone to talk about the Cuban boy who was crushing home runs and dominating the league. The next off-season, Canseco changed everything in baseball. In preparation for the 1985 season, he knew he needed to bulk up in order to move up to the majors. He went to the gym every day but still wanted some way to gain an advantage, and therefore began using performance-enhancing drugs for the very first time. At the beginning, the drugs were simple growth hormones and testosterone that allowed him to gain twenty-five pounds before the beginning of Spring Training. Canseco continued to impress but was disappointed that the organization decided to start him off in Double A with the team in Huntsville, Alabama. In a mere fifty-eight games, he hit .318 with twenty-five homers. The organization moved him to the Triple A team in Washington and shortly after he arrived, he was called up to the Major Leagues to play with the Oakland Athletics. Upon arrival, Canseco became the icon for Cuban fans and began to bring attention to himself with his home runs. While fans had no knowledge of his steroid use, his performance landed him the nickname “The Natural” as his whole style of play resembled that of the movie character in “The Natural.” Canseco hit his first homer off Jeff Russell of the Texas Rangers, and he went on to finish the year with a .302 batting average and five homeruns. During the next off-season, he continued to use steroids and

would even inject himself. During his time off, Canseco returned to Miami where he was seen as an idol and people believed him to be the greatest athlete ever.³⁴

The hype around Canseco only continued to grow in his first full year as a ballplayer. In his rookie year, Canseco claims that he was not that fundamental of a hitter like the veterans, but was a “see ball, hit ball” kind of player who did not try and read the pitcher but just swung. In batting practice the older players would watch Canseco in awe, as he seemed to hit home runs effortlessly. As the season progressed Canseco played at an extraordinary level, so much so that he made it to the All-Star game that summer. As the second half of the season started, Jose entered a horrible hitting slump starting 0 for 40 until they headed to Detroit where he crushed a home run. With that homer, Canseco had already hit a home run in every American League Park in just his rookie season, something many players never do in their careers. He finished the year on a tear earning him the American League Rookie of the Year award in 1986.³⁵

Canseco accomplished many things in baseball in a short period of time. He made managers and other players gawk at his batting practice, simply crushing the ball to all parts of the park. During his time in professional baseball, he won many awards, including four Silver Slugger Awards, he was a two-time homerun champion and selected to six All Star Games. He won the Most Valuable Player award in 1988, as the first player in Major League

³⁴ Jose Canseco, *Juiced: Wild Times, Rampant ‘Roids, Smash Hits, and How Baseball got Big*, (New York: Harper-Collins, 2005), Chapter 4.

³⁵ Jose Canseco, *Juiced: Wild Times, Rampant ‘Roids, Smash Hits, and How Baseball got Big*, (New York: Harper-Collins, 2005), Chapter 5.

Baseball History to hit 40 plus homeruns and steal over 40 bases.³⁶ In baseball, most players have either power or speed. They are either smaller guys that can steal a bunch of bases, or are bulky guys that hit for power. Never had there been someone who could do both so effectively until Canseco. He truly was a phenomenal athlete; only he was using performance enhancers to obtain those abilities.

Spread of Steroids:

At the beginning of his experience with steroids, he kept to himself about it and didn't let anyone know what he was doing. In 1987 that all changed. Mark McGwire entered the league as a teammate of Canseco's and Jose began teaching him the ropes and injecting him. For a couple of years the two learned more and more about the drugs and helped each other out by injecting one another and telling the other what they should work on. From that point on Mark McGwire continued to use steroids. Ten years later, he and Sammy Sosa would battle each other for the single season homerun record, a record that no one had come close to in 37 years when Roger Maris broke Babe Ruth's record of 60 home runs. The two ball players were "hitting homeruns at an alarming rate," as McGwire edged out Sosa with 70 homeruns to Sosa's 66.³⁷

After introducing McGwire to steroids, Canseco was traded to Texas where he shared steroids with a trio of players. In Texas, Canseco taught Ivan Rodriguez, Juan Gonzalez, and Rafael Palmeiro everything he knew about the drugs. Rodriguez would go on to become

³⁶ Boswell, Thomas. "Jose Canseco's 40-40 Vision Starting to Come Into Focus". *Los Angeles Times*. August 19, 1988.

³⁷ "A Brief History of How Steroids Destroyed America's Pastime," Bleacherreport. (p.1)

perhaps one of the greatest catchers to play the game of baseball, placing him among the names of Yogi Berra and Johnny Bench. Raphael Palmeiro became a member of the 500 Homerun Club, a feat that just about automatically gets you into the Hall of Fame. Gonzalez did not amount to as much as the other two, but still hit 434 career homeruns.

In the years from 1998 to 2002, Canseco became the “Godfather of Steroids,” as more players came to know about anabolic steroids either through him or those he already exposed to the drugs. Canseco gives himself credit in his book for being the one who brought steroids to the game. One major player that he introduced to steroids in his latter years was Barry Bonds who later came to hold both the single season homerun record and the all-time homerun record in baseball.

Barry Bonds later replaced Jose Canseco as the face of steroids. Bonds began his career as a thin outfielder who could hit and run for the Pittsburgh Pirates. After signing as a free agent with the San Francisco Giants, Bonds grew tired of his trainer and opted for a new one, Greg Anderson, who was a steroid user. From that time on, Anderson trained Bonds in baseball workouts. During this time, Anderson took Bonds to BALCO (Bay Area Laboratory Co-Operative) run by Victor Conte, where Bonds was first introduced to steroids. Anderson remained Bonds’ trainer, but his primary job was to supply him with performance enhancing drugs to continue to build body strength.³⁸ Bonds continued to grow in size and strength throughout his career to the point where he didn’t even look like the same person.

Just as McGwire and Sosa went on a tear in 1998, so did Bonds a mere three years later in 2001. However, Bonds’ breakthrough caught more people’s attention. When Sosa

³⁸ Fainaru-Wada, Mark and Williams, Lance. “Game of Shadows,” (p. 69).

and McGwire hit 66 and 70 homeruns consecutively, they were still relatively young and in their prime. In 2001 when Bonds started hitting homeruns at an absurd rate, he was at the ripe old age of 37, not when a player should be setting records of this kind.³⁹ People really began to question whether Bonds was taking a supplement that helped him hit 73 home runs at that age.

Bonds involvement in steroids, at least to the average eye was pretty obvious, but no hard evidence had been found until 2003, two years before Canseco released “Juiced,” with claimed that Bonds juiced up. In 2003, federal investigators raided BALCO and gathered evidence that Bonds was using anabolic performance enhancing steroids.⁴⁰ Evidence continued to pile up, but like most users in professional baseball, Bonds denied any involvement with BALCO and steroids. The Giants organization backed him, and never investigated, despite the fact that they almost undoubtedly knew what Bonds was doing.⁴¹

This was the norm for baseball organizations. It is fairly obvious to managers and owners as to what workouts their players are doing and when they see players change their size in such a dramatic fashion as Canseco and Bonds did. For example, at the time Canseco was traded to the Rangers, questions were swirling around about his steroid use, but the Rangers organization did not care and just wanted Canseco to add to an already potent lineup. The fact that organizations were experiencing financial problems, and were losing attendance prompted them to allow their players to do anything. Whether right or wrong, steroids provided hitters with more power leading to more homeruns. Homeruns made the game more

³⁹ “A Brief History of How Steroids Destroyed America’s Pastime,” Bleacherreport. (p.2)

⁴⁰ Fainaru-Wada, Mark and Williams, Lance. “Game of Shadows,” (p. 287).

⁴¹ Fainaru-Wada, Mark and Williams, Lance. “Game of Shadows,” (p. 287).

exciting to the average fan, which would ultimately help sell more tickets and bring the owners more revenue.

Juiced: The Revealing of Steroid Users:

In 1988, Canseco was first accused of being a steroid user. In an article in the Washington Post, Tom Boswell claimed Canseco was injecting himself with steroids, but Boswell had zero evidence. Canseco continued on to play despite the accusations, as no one had any proof. Also that year the United States government passed the Anti-Drug Abuse Act of 1988, only to be enforced by the MLB in 1991. Despite the fact that no one had any evidence, Canseco continued to become angry. He always felt the MLB was against him since he was Cuban and not the “Golden American Boy” like his teammate McGwire. Canseco knew both of them were using anabolic steroids, but he was the only one accused of it, which caused him to grow upset with MLB and the fans.

A drastic change in baseball came in 2002. The MLB Association wanted to put an end to all this steroid hysteria and figured in order to do so they needed to attack the father of it all. In 2002, Canseco was banned from baseball with the warning that any other users would be next.⁴²

Upon banishment, Canseco concluded only one thing, that MLB was out to get the Cuban boy because of who he was. He did not believe his banishment was solely for steroid reasons but other things they did not like about him. In his book “Vindicated,” Canseco

⁴² Jose Canseco, *Vindicated: Big Names, Big Liars, and the Battle to Save Baseball* (New York: Simon Spotlight Entertainment, 2008), Chapter 8.

revealed the reason for publishing his first book “Juiced.” He desired to get back at baseball and thought the best way would be to reveal all the details of the steroids scandal. In the second to last chapter of “Juiced,” Canseco presents a list of all the MLB players he knew were involved with steroids. In this chapter he includes the names of: Mark McGwire, Jason Giambi, Juan Gonzalez, Ivan Rodriguez, Miguel Tejada, Barry Bonds, Ken Caminiti, Rafael Palmeiro, Bret Boone, Tony Saunders, Dave Martinez, Wilson Alvarez, and Brady Anderson, while speculating that both Roger Clemens and Sammy Sosa did so as well.⁴³

After the release of “Juiced,” many of the players listed accused him of lying. They claimed to have no part in the steroid game. This added more hatred against Canseco from the media and the fans. Everyone called him a liar and claimed he was the only one using them and just mentioned those names to try and make himself not look as bad. In “Vindicated,” Canseco states how tired he grew of everyone accusing him of being a liar, so in 2006 he decided he would take a lie detector test and have the FBI conduct it so the results would be accurate. He took two tests. In each test he was asked about all his claims and accusations against other players and steroids in baseball. The result of every question in the test was .01, which meant he was telling the absolute truth on everything he said. These test really caused controversy as they proved everything he said was truthful, and those who tried to argue against him were probably lying about their involvement with steroids and other drugs.⁴⁴

⁴³ Jose Canseco, *Juiced: Wild Times, Rampant ‘Roids, Smash Hits, and How Baseball got Big*, (New York: Harper-Collins, 2005), Chapter 24.

⁴⁴ Jose Canseco, *Vindicated: Big Names, Big Liars, and the Battle to Save Baseball* (New York: Simon Spotlight Entertainment, 2008), Chapter 4.

Finally, in the defense of Canseco other allegations began to appear. In 2006, the “Game of Shadows” was published. It was a book about the evolution of Barry Bonds and revealed details about Bonds’ involvement with performance enhancing drugs. The book supported some of the things that “Juiced” stated regarding the Las Vegas home run contest where Bonds first saw Canseco and asked about steroids. In 2007, MLB finished a thorough investigation of steroids that took several years, and the findings were released in the “Mitchell Report.”

Three years after publishing “Juiced,” Canseco was finally seen as credible. It took multiple lie detector tests, other books to be written and some investigation and court appearances, but people now believe what he was saying. The controversy of steroids was no longer just about him, but had developed into a long lasting legal issue with players trying to hide their past by lying in court. Eventually the truth came out and Canseco’s name was cleared. In 2008, Canseco decided to finish his story and include some other players that were involved with the scandal. Canseco admits though that he still was unsure if Clemens used steroids or not but had plenty of other guys to talk about. In “Vindicated,” he dedicated a whole chapter to the proof that both Magglio Ordonez and Alex “A-Rod” Rodriguez used performance-enhancing drugs. He then provided a timeline for the progression of steroids going all the way back to his birth in Cuba.⁴⁵

The year 1984 is now known as a year that the game of baseball changed. In an attempt to become the greatest baseball player ever, Canseco did whatever it took to fulfill his dream and promise to his mother. His steroid use led to accomplishments on the field

⁴⁵ Jose Canseco, *Vindicated: Big Names, Big Liars, and the Battle to Save Baseball* (New York: Simon Spotlight Entertainment, 2008), Chapter 8.

that caused other players to desire to reach the same level. Thus Canseco shared his secret with teammates and steroids began to spread throughout the game of baseball. He truly is the “Godfather of Steroids.”

From his use to the list of other players that also have used steroids, Canseco’s actions forced MLB to take action. Upon investigation, “heroes” of the game became villains who have disgraced the game of baseball.

Chapter 3: Initial Punishments

In the mid 2000s, baseball began to punish those who used steroids. MLB had finally decided it could no longer just assume that only Canseco was involved or was lying to them. Books had been published and tests run supporting the accusations against players using performance enhancers. Once books had been released and BALCO was uncovered, many players were questioned and brought to a Congressional hearing regarding their involvement with steroids. MLB also began to gather all the information it could into a single report known as the Mitchell Report. The release of this report created a domino effect, as players immediately denied using the drugs. In attempt to prove their innocence from steroids, many players appeared before Congress to testify against the allegations.

Congressional Hearings:

Once Canseco released “Juiced,” MLB brought some players before the House Government Reform Committee to discuss the use of steroids in baseball.⁴⁶ Among the

⁴⁶ “McGwire mum on steroids in hearing,” CNN.com. 2005.

players brought before Congress were Mark McGwire, Sammy Sosa, and Raphael Palmeiro. Bud Selig wanted to get to the bottom of the issue and pushed for zero tolerance.

The hearings began by questioning Palmeiro about his use. Without any hesitation, Palmeiro quickly denied any use of steroids and told the Committee he never has or will use steroids, which threaten the integrity of the game. The Committee then moved to Sammy Sosa. Similarly, Sosa denied using steroids, but did so in a peculiar way. Sosa acted as if he didn't understand the question in English and simply said that he never used steroids. Both refused to discuss the issue any more after leaving the hearings.

Mark McGwire went about the Committee hearing in a different way. McGwire decided to try and avoid the issue all together. He told the House Committee that he desired to help end steroid use in baseball with the younger generation. When asked about his involvement with steroids, McGwire told the House that he intended to discuss this with his lawyers. Since he had not, he would not say anything.⁴⁷ Hearings would continue to come up, as Bonds would soon face similar charges.

Following the BALCO scandal, Bonds was called to testify. During the hearing, Bonds said that the only thing he received from Anderson and those at BALCO was a clear cream that was not a steroid. For the time being nothing happened. In 2006 however, a committee began to question the honesty of Bonds in the 2003 hearing. During 2006, the committee worked to gather information on Bonds. In 2007, Bonds was accused of perjury and obstruction of justice. During the trial, evidence came out that Bonds tested positive for

⁴⁷ “McGwire mum on steroids in hearing,” CNN.com. 2005.

anabolic steroids. His trial was set for 2009 but was delayed by appeals until 2011. On April 13, 2011 Bonds was found guilty.⁴⁸

The Mitchell Report:

During the aftermath of the release of “Game of Shadows,” Commissioner Bud Selig decided something needed to be done. In order to do so they needed to investigate the use of anabolic steroids in professional baseball. On March 30, 2006, Selig appointed former Democratic Senator George Mitchell to handle the investigation.⁴⁹ Selig decided it was time to investigate, as many Congress members began to question the honesty of the MLB anti-performance enhancing drug policies.⁵⁰ The investigation was set to uncover all the secrets of steroid use in baseball. Mitchell investigated for 21 months before he released his report on December 13, 2007.⁵¹ After 21 months of long work, Mitchell released a 401-page report on the issue of steroids. The report included names of 89 different professional baseball players, along with a history of previous encounters with growth hormones. Mitchell decided to include in the report his ideas of a plan of action for MLB and a way to punish the offenders without affecting the future of the game.⁵²

The report began with a brief acknowledgement of steroids in baseball. Mitchell discussed the fact that players have used steroids for over a decade in baseball. The numbers, he claims, went down in 2002, when the MLB began running random drug tests on players to

⁴⁸ "Prosecutors deciding whether to try Bonds again". *CNN*. Associated Press. 2008-10-14.

⁴⁹ "Mitchell Report," Baseball Almanac. (www.baseball-almanac.com)

⁵⁰ Wilson, Duff, Schmidt, Michael. "Baseball Braces for Steroid Report From Mitchell". *The New York Times*. December 13, 2007.

⁵¹ "Mitchell Report: Summary and Recommendations" (PDF). p. 6.

⁵² "Mitchell Report," Baseball Almanac. (www.baseball-almanac.com)

test for illegal performance enhancing drugs. Unfortunately, the issue did not go away, but simply changed forms. Since MLB was able to test for anabolic steroids, the players adapted and began taking growth hormones. The growth hormones were able to go undetected in the random tests, so players could continue to use illegal substances while not risking the chance of getting caught.⁵³

After stating the known that steroids were involved in baseball, Mitchell began to hit on the extent of steroid use in MLB. In order to try and gain a better idea of who all was involved, Mitchell asked players who had admitted to using them, or was open about discussing the issue. One of the players Mitchell asked, was former 2002 National League MVP Ken Caminiti, who estimated that at least half of all MLB players were on some form of steroid.⁵⁴ Mitchell was given estimates from other players and managers as well. All the estimates ranged from about 20-50% of all players in MLB.⁵⁵ Despite the fact that many of the players were involved with steroids, there was no confirmation that that many players were involved in using anabolic steroids. Mitchell claims that at the time of his report, 5-7% of the players who participated in the anonymous testing for performance enhancing drugs in 2003, tested positive. However, these tests only showed the numbers of the players that still had drugs in their system. Many players could have been using the drugs and just stopped before the test so they wouldn't test positive. Mitchell also noted that the early MLB tests could not detect human growth hormones, so the actually amount of steroid users is higher than the test reveals.⁵⁶ Before Mitchell goes into the details of the report, he divides his goals

⁵³ "Mitchell Report: Summary and Recommendations" (PDF). p. 3.

⁵⁴ "Mitchell Report: Summary and Recommendations" (PDF). p. 4.

⁵⁵ "Mitchell Report: Summary and Recommendations" (PDF). p. 4.

⁵⁶ "Mitchell Report: Summary and Recommendations" (PDF). p. 4.

regarding steroids into three points. The first is that MLB needs to develop a better way of investigating and testing players of steroid use that can detect more of the drugs. The second is a better education system for players who are interested in using forms of steroids to explain the health concerns. The final goal point is that the Players Association and club owners incorporate some of what he calls for into their joint drug program.⁵⁷

In the beginning of the report, Mitchell stressed how dangerous steroids can be to those who use them. Mitchell discussed the risks for professional athletes, but he was more concerned with the number of high school students using them. According to Mitchell, the use of steroids in high school is worse because they can affect the body at a greater rate.

Quickly he turns to the legality of steroids and other drugs. Mitchell hits on some of the arguments that players make. One such argument is that MLB has never enforced the drug laws of America. He quickly refuted this idea with evidence dating back to the 1970s when MLB suspended players for using non-prescription drugs. In doing so, Mitchell claimed that the Players Association fought the drug rules for over 20 years.⁵⁸

Mitchell also discussed some of the early penalties for steroid users in baseball beginning with a 10-game suspension, but these suspensions came before the steroid outbreak.

In the next section of the report, Mitchell provided some of the history of the steroid outbreak that MLB failed to see. Mitchell goes into detail about where he obtained the names of the players who either used steroids or were using them at this time. In the report he mentions that three men were very helpful in revealing the names of players. These men

⁵⁷ "Mitchell Report: Summary and Recommendations" (PDF). p. 6.

⁵⁸ "Mitchell Report: Summary and Recommendations" (PDF). p. 13.

included Larry Starr, Brian McNamee and most importantly, Kirk Radomski. Larry Starr was a trainer in MLB for 30 years and provided four interviews for Mitchell's team, but his information was removed from the final draft of the report. Brian McNamee was a personal trainer for many professional baseball players including Andy Pettitte, Chuck Knoblauch and Rogers Clemens. In McNamee's interviews with Mitchell's legal team, he admitted that he provided all of his trainees with performance enhancers of some sort. He confirmed rumors that Roger Clemens used steroids during his career, making him perhaps the biggest name on the list of the Mitchell Report.⁵⁹ This information was news to the baseball world, as many other names had previously been mentioned in books, in particular "Juiced." However, Canseco made clear in his book that he had no evidence of whether Clemens ever used steroids. McNamee provided Mitchell with the big names in baseball that have used steroids, with Clemens as the front-runner.

Mitchell claims that former batboy and clubhouse employee of the New York Mets Kirk Radomski provided him with the most names in the report.⁶⁰ Radomski did not simply just provide Senator Mitchell the names of players who people already assumed were using the performance enhancers, but Radomski turned over the names of many players who had not been mentioned before. Senator Mitchell was able to obtain the names in a bargaining agreement with Radomski. Radomski was charged with money laundering and distribution

⁵⁹ "Mitchell report: Baseball slow to react to players' steroid use". ESPN.com. December 14, 2007.

⁶⁰ Zeigler, Mark. "Call it the 'Radomski Report'". San Diego Union Tribune. December 14, 2007.

of controlled substances and faced 30 years in prison. Radomski was able to reach a plea bargain as long as he cooperated with the Mitchell Report.⁶¹

These men worked alongside the investigation with Mitchell to provide a detailed account of the steroids era. With their help, Mitchell was able to create a full report of the history of steroids and also provide a list of players both retired and active, who used anabolic steroids of some sort. The report included 89 names. Despite the vast amount of names, the focus of the report fixated on those players with the most fame.

Despite a list of players being included in the report, it was not the goal of Mitchell simply to just point fingers at players, but he wished to accomplish five points, that he outlined in his conclusion. The first of his points was to inform MLB that their use of drug testing has not stopped the usage of steroids, but simply changed the form. Mitchell urged MLB to develop new tests that can detect human growth hormones. The second goal of the report is for the athletes. Mitchell emphasized to those using steroids that their actions are illegal and ethically wrong. The third goal stated that the problem of steroids rests on all of baseball, not just those that are using them. Mitchell claimed it was MLB that should have noticed the problem earlier and stopped it before the outbreak occurred. Fourthly, Mitchell hoped to illustrate that an exhaustive search to discover every player who took steroids would be a waste of time. Finally, he desired that MLB use his suggestions to end the steroid scandal. These goals were the desires of Mitchell. He hoped it would not be seen as a target list but as a way to move past this era of baseball and return to the pure sport of the past.

⁶¹ Zeigler, Mark. "Call it the 'Radomski Report'". San Diego Union Tribune. December 14, 2007.

Upon the release of the report, all the sides had different opinions. Despite Mitchell's hope that the report wouldn't be used against players, Bud Selig stated in a press conference that the players listed would be looked into and the punishments would be decided in a case-by-case way. The Players Association was disappointed that it did not have the opportunity to look over the report before it was released but did take some responsibility in the scandal. Finally, individual players reacted in their own way to the report. Roger Clemens, the biggest name in the report, claimed to have never used any form of anabolic steroids in his entire life. Other players denied the use of steroids as well, which led to Congressional hearings where the players swore to Congress they did not take any drugs.

The report, although very beneficial to the steroid investigation, had its flaws. Some questions arose about Mitchell's conflict of interest in the report. Mitchell at the time was the director of baseball for the Boston Red Sox and, oddly enough, no major Red Sox players were mentioned in the report at all. Another question that arose was the tie of Bud Selig to the Milwaukee Brewers. Selig once owned the Brewers franchise and, like the Red Sox, no Brewers players were listed in the report. Mitchell of course rejected all the accusations, saying that he showed no bias in the report and hoped only to move on from the steroid era.⁶²

Initial Punishments:

After the Mitchell Report, Selig knew MLB had to put an end to all of the steroids. Before the outbreak, the penalty for a first time offense was a ten-day suspension. A second

⁶² "Mitchell report: Baseball slow to react to players' steroid use". ESPN.com. December 14, 2007.

violation resulted in a thirty-day suspension and a third violation was a sixty-day suspension. If a player continued to use steroids and got caught a fourth time, then a one-year suspension was placed upon him. However, because the tests that MLB had were underdeveloped, many offenders went unnoticed.

One of Mitchell's goals was that MLB increase steroid testing. Shortly after the report, MLB made its drug testing a lot stricter. With the new sanctions, every player is tested twice a year with some players being randomly tested. The old tests could only detect a few types of anabolic steroids. The new tests could detect 47 different types of steroids and 30 other types of steroid stimulants. Included in these is a test for HGH (human growth hormone) a form of steroid MLB did not test for prior to the Mitchell Report.

Since the initial court hearings and testimonies of many players, drug tests have come out revealing the truth about some of the steroid use. Like Bonds, other players tested positive for anabolic steroids after swearing they never had or would use those kinds of drugs. Palmeiro tested positive for steroids following his testimony along with other players. The problem with some of these players who tested positive was that they had already retired. Palmeiro retired before he tested positive, and therefore could not be suspended. He, however, saw other forms of punishments. Palmeiro graduated from Mississippi State, and was to be honored by his alma mater. The school was set to name part of their athletic facilities after him. Once the test came out positive, the school quickly removed his name from the building. Other players would continue to see their legacies tainted for using steroids, with perhaps the greatest dilemma involving the Hall of Fame.

Chapter 4: Steroids Today

Steroids have tainted the game starting in the 1980s, and continued to go unnoticed until the mid 2000s. Despite all the efforts made by MLB over the years, steroids remain part of the game. Many players have tested positive for various kinds of anabolic steroids and new scandals have surfaced. The recent cases make it clear that steroids are not just part of the past, but part of the present. MLB continues to search for ways of removing the drugs from the game forever, with continued suspensions and rule changes that place harsher penalties on those caught.

Continued Use of Steroids:

The Mitchell Report among many of the other efforts decreased involvement of steroids, by showing players what will happen if they are caught. Despite these warnings and actions, players continue to use steroids to gain an advantage over other players. Since 2008,

there hasn't been one year where MLB has not suspended a player for steroid use.⁶³ In 2008, only one player was suspended but in 2009 MLB suspended four players including Manny Ramirez, a multi-time All-Star. Two players were suspended in 2010. However, in 2011, Manny Ramirez was caught using steroids for a second time. With the new penalties in place, the MLB placed a 100-game suspension on Ramirez. The number of suspensions grew in 2012. Six players were suspended for testing positive for anabolic steroids. Melky Cabrera headlined the suspensions during that season.⁶⁴ Before being suspended, Cabrera was having a MVP type season leading the league in many hitting categories. The suspension removed him from baseball for the rest of the season.

Biogenesis of America Scandal:

The number of suspensions grew to 14 during the 2013 season, the most since the initial suspensions. Early during the 2013 year, a new steroid scandal leaked, and actions were taken during the second half of the season. The company Biogenesis of America is a health clinic that works to help people lose weight using hormone therapy. The truth about the company's involvement with steroid deals came out after an ex-employee grew annoyed of waiting on back pay and decided to take action. He revealed the details of what the company had been doing over the past several years. The company, like BALCO, secretly

⁶³ "Steroid Suspension," Baseball Almanac. P. 2

⁶⁴ "Steroid Suspension," Baseball Almanac. P. 3

provided professional baseball players with forms of performance-enhancing drugs, most importantly human growth hormones.⁶⁵

MLB immediately responded, and attacked the company. Six employees of Biogenesis were sued by MLB for illegally providing a banned substance to players. Anthony Bosch served as the owner of the corporation that was relatively new and, in 2012, many employees quit their jobs because they were not getting paid. The marketing director of the company, Porter Fischer, came forward to the New York Times to share his inside information in which he claimed players including Melky Cabrera were receiving performance-enhancing substances from the company. The New York Times at first refused to hand over the paper to MLB, but that didn't stop MLB from taking action. Both MLB and the Florida Department of Health filed lawsuits against Biogenesis. Anthony Bosch ultimately was faced with no other choice but to work with MLB in providing the details and evidence of players who obtained steroids from this company.

Beginning in May 2013, the MLB began conducting interviews with all the professional baseball players that were named by the company.⁶⁶ After the investigation, MLB suspended Ryan Braun of the Milwaukee Brewers. Braun had previously been questioned for using testosterone in 2011, but ultimately was not suspended because of a technicality involving the handling of his urine sample.⁶⁷ MLB suspended Braun for 65 games including the postseason. This ended his season and required him sit out until the

⁶⁵ Schmidt, Michael, Eder, Steve. "Baseball Pays for Clinic Documents Tied to Doping Case." April 11, 2013.

⁶⁶ "Alex Rodriguez and 12 other players suspended in Biogenesis PEDs scandal". The Guardian. August 5, 2013.

⁶⁷ Belson, Ken, Schmidt, Michael. "Braun Wins Appeal on Positive Drug Test and Avoids Suspension". The New York Times. February 23, 2012.

beginning of the 2014 season. The suspension cost Braun \$3.25 million as he reached a deal with MLB not to appeal the process.⁶⁸

Later that season MLB suspended 13 players all at once; this was the largest number of players suspended at one time since 1919 when Shoeless Joe Jackson and his teammates were banned for throwing the World Series. Among the list of players to be suspended were four All-Stars from that year and also Alex Rodriguez. Ryan Braun was one of those All-Stars, along with Nelson Cruz, Evereth Cabrera, and Jhonny Peralta. All the players listed in the scandal had the option to appeal the process and continue to play until the appeal process was over. Alex Rodriguez was the only player to appeal his case. MLB had placed the normal 50 game suspensions on the players, but placed a 211 game suspension on Rodriguez. Rodriguez's suspension was longer because of his use of PEDs for a few years, and because he refused to cooperate and withheld information.⁶⁹

When accused of using PEDs, most of the players accepted the penalty for their actions and apologized for their lack of judgment. Many made personal statements regarding their actions as Cruz did by saying, "I made an error in judgment that I deeply regret, and I accept full responsibility for that error." Since the remaining players accepted the punishment and declined the right to appeal the suspensions, the 50 game suspensions started immediately to end on the last day of the regular season. Braun's suspension included the postseason. Those like Cruz and Peralta who faced only a 50 game suspension were allowed to play during the postseason if their teams made it. This raised questions as to whether the

⁶⁸ "Ryan Braun suspended rest of year". ESPN. July 22, 2013.

⁶⁹ "Alex Rodriguez and 12 other players suspended in Biogenesis PEDs scandal". The Guardian. August 5, 2013.

suspensions were severe enough or not. Many felt that the players should not be allowed to play in the postseason and required to wait until next season to rejoin the league and their teams. Peralta however was allowed to play with the Detroit Tigers in the postseason. No players have been suspended again, and all of them, including Ryan Braun were back at Spring Training ready to start the 2014 season.

Rodriguez however decided to appeal his MLB suspension, which allowed him to continue to play. From the time Rodriguez decided to appeal to the actual hearing, he played in 49 games. Arbitrator Fredric Horowitz heard the appeal.⁷⁰ Horowitz upheld the initial suspension, which suspended Rodriguez through the end of the 2014 season. The suspension technically was reduced from 211 games to 162 as he finished 2013 with the Yankees who did not make the postseason. Throughout the off-season, Rodriguez continued to try and fight the ruling of from MLB. He threatened to sue MLB and continued to deny any use of steroids. He claimed that MLB was creating a bad name for him when he had done nothing wrong. Ultimately, Rodriguez gave up his appeal and admitted to his use of PEDs, which required that he sit out the 2014 season as the initial suspension stated.

Steroid Policy and Tests:

MLB's Joint Drug Prevention and Treatment Program has established new rules and protocols for testing for PEDs, and seeks to maintain this program until December 1, 2016.⁷¹ According to the program, all players are required to provide urine samples at the beginning

⁷⁰ "Arbitrator Fredric Horowitz to decide Alex Rodriguez's fate." *Newsday.com*. 2013-08-05.

⁷¹ Major League Baseball's Joint Drug Prevention and Treatment Program. "Term" p. 34.

of Spring Training as part of their physical, which are to be tested. Every player is required to undergo another urine test at some point throughout the year at a random time. With these two tests, MLB will conduct 1,400 random urine tests on players during the season. As a way to prevent players from using PEDs during the off-season, MLB can test urine samples up to 250 times on random occasions. The rest of the random urine tests must be carried out during the season.⁷² Blood tests are also used as part of the attempt to remove HGH use in baseball. Blood testing may take place randomly during Spring Training at any time, and may also occur any time during the off season.⁷³

Both testing procedures are to be run by the Independent Program Administrator. A positive test may be concluded from a couple outcomes. The test will be positive if the sample reaches a certain level set by the IPA. If a masking agent is detected in the urine, then the test is deemed positive and a re-test is required. The final outcome is if a player refuses to take the test at the set time, then the IPA deems the test positive and liable for punishment.⁷⁴

If a player tests positive by any means for substance abuse, he will undergo follow-up testing to determine if he will receive a first violation. If a first violation occurs by a player, a 50 game suspension may be placed on a player and a second violation results in an 100 game suspension unless otherwise noted. A third violation allows for possible permanent suspension from the MLB if deemed by the commissioner.⁷⁵ However the testing for

⁷² Major League Baseball's Joint Drug Prevention and Treatment Program. "Testing" p. 13.

⁷³ Major League Baseball's Joint Drug Prevention and Treatment Program. "Testing" p. 13.

⁷⁴ Major League Baseball's Joint Drug Prevention and Treatment Program. "Testing" p. 16.

⁷⁵ Major League Baseball's Joint Drug Prevention and Treatment Program. "Discipline" p. 24.

stimulants is a bit less severe. A first violation results in follow-up testing. A second violation earns a two game suspension with a third violation resulting in an 80 game suspension. A fourth violation may result in a permanent ban from baseball all together.⁷⁶

Suspensions come after a player has gone against the program and tested positive during one of the tests. The suspensions include all regular season games and may include postseason games. However a player may still participate in Spring Training games and the suspension will start up with the first game of the regular season.⁷⁷ In regard to salary, the player will go unpaid during his suspension. A player will not receive money for as many days as his suspension lasts until he sits out all the games of the suspension. However, the player has full rights to money earned by the team as bonus for making the postseason.⁷⁸

If a player is claimed to have tested positive in one of the tests for anabolic PEDs, then they reserve the right to challenge the accusation and appeal the ruling. In appealing the ruling, a player is claiming the test is wrong or that MLB does not have adequate evidence. A player may also simply appeal in attempt to lessen the severity of the penalty from MLB.⁷⁹ If an appeal is made on the part of the player, the Commissioner's Office is responsible for providing evidence that the test was positive and was carried out according to the protocols established. If the positive test is for HGH, then the Commissioner's Office must also supply evidence of it in the player's blood specimen. The Commissioner's Office is not responsible

⁷⁶ Major League Baseball's Joint Drug Prevention and Treatment Program. "Discipline" p. 24.

⁷⁷ Major League Baseball's Joint Drug Prevention and Treatment Program. "Discipline" p. 28.

⁷⁸ Major League Baseball's Joint Drug Prevention and Treatment Program. "Discipline" p. 28.

⁷⁹ Major League Baseball's Joint Drug Prevention and Treatment Program. "Appeals" p. 30.

for carelessness on behalf of the player who may have mistook a test to where it comes out positive.⁸⁰ During an appeal, if the result of a positive test is confirmed, the player has the right to claim the steroids in his system were there without his knowledge of them. However a player cannot simply make this claim and go unscathed. It is the burden of the player to provide valid evidence to his claim that he took the steroid unknowingly. This could perhaps be the case and must be determined by the arbitrator and his committee to determine whether or not there is enough valid evidence to suffice and remove the violation from the player.⁸¹

Legacy of Steroid Users:

The steroids era will not be forgotten just as Pete Rose will never be forgotten. With this in mind, there is the dilemma of what the legacies are for these players. The steroid era saw many incredible performances by players, but the question remains, “How much of it was steroid-based?” Would these players have performed at such a high level without steroids? The answer is no. Even though no one can place a numerical value on the effect of steroids, people can still see physical changes in players.

Do these players deserve the awards and accolades they won while playing the game? Do they deserve the honor of being inducted into the Hall of Fame? There is no right or wrong answer, as it is the opinion of everyone who votes on those prestigious awards. The Hall of Fame (HOF) is voted on by a group of baseball writers. The Baseball Writer’s Association of America (BBWAA) is the group of 569 voters who elect players into the Hall

⁸⁰ Major League Baseball’s Joint Drug Prevention and Treatment Program. “Appeals” p. 30.

⁸¹ Major League Baseball’s Joint Drug Prevention and Treatment Program. “Appeals” p. 31.

of Fame. To be voted into the Hall of Fame, a player must receive 427 votes or 75%. The voting is secret and done by mail. Historically, it is near impossible to be inducted the first year of eligibility. Regardless, the fate of the player's baseball legacy comes down to the choices of 569 writers.⁸²

During the election of 2013 for the HOF ballots featured names associated with the steroid period and many had either admitted to using steroids or had tested positive. A few of the names included were: Barry Bonds, Roger Clemens, Mark McGwire, Sammy Sosa, and Raphael Palmeiro. Once all the votes were cast, the leading vote getter was second basemen Craig Biggio with 68.2%. Biggio led all potential members with less than 75%, therefore no one was voted into the HOF.⁸³

Perhaps the two most deserving players on the ballot based solely on statistics were Barry Bonds and Roger Clemens. Both of these players represent some of the most decorated players when it comes to awards based on their performances. On paper they are shoo-ins for the HOF. However during the voting, Bonds and Clemens received only 36.2% and 37.6% respectively.⁸⁴ Both percentages are far below the needed 75% to be inducted.

Other players who many would consider Hall of Famers received just as little support if not less. Curt Schilling received 38.8% of the vote, finishing just above Clemens. Mark McGwire, Sammy Sosa, and Raphael Palmeiro finished much lower than all three of those. McGwire finished with 16.9%, and Sosa finished with 12.5%. Perhaps the biggest fall in the

⁸² "Big Names, Biggest Honor." National Baseball Hall of Fame and Museum. November 28, 2012.

⁸³ Kepner, Tyler. "Bonds (and Everyone) Strike Out," Sports: New York Times. 2013.

⁸⁴ Kepner, Tyler. "Bonds (and Everyone) Strike Out," Sports: New York Times. 2013.

voting goes to Palmeiro. Palmeiro finished with 8.8% of the needed votes, and because it was his third time to be voted on and his percentage continued to decline, he has been removed from future ballots by the BBWAA.⁸⁵

All of these players accomplished incredible feats during their playing days, yet they still appear to be a long way away from getting accepted into the HOF. Steroids are the only reason for this. If the voting rested solely on numbers then they would all be in, but the voting takes into account much more than that. When a member of the BBWAA looks over his or her ballot and tries to determine whether or not someone deserves the honor, he or she look at more than just the numbers. The voters look at the player as a person as well. Did the player respect the game? Did he maintain the integrity? Were his actions on the field solely based on one's own merit? If the answer to all these questions is a yes, then if the numbers match they deserve to be inducted. This is the question every writer has to answer for themselves in determining if a player deserves the honor of being elected into the HOF.

Many past players and some Hall of Famers have spoken out about steroid use in baseball. Many have stated that players who used steroids don't deserve to have a place in the Hall of Fame. Hall of Famer Hank Aaron expressed his opinion during an interview, and said no steroid users should be inducted into the HOF. He believed there was no room for

⁸⁵ Kepner, Tyler. "Bonds (and Everyone) Strike Out," Sports: New York Times. 2013.

cheaters.⁸⁶ Other former players have taken similar stance like Aaron. Goose Gossage and Andre Dawson have also spoken out against steroid users.⁸⁷

Dawson said that the choice to use steroids was not forced on those players but they took it upon by themselves.⁸⁸ Dawson clearly felt that everyone chooses their own actions and that some actions have penalties. Unfortunately for these players that penalty may be a blown chance at the HOF. One voter for the BBWAA wrote an article for Sports Illustrated titled “Why I’ll Never Vote for a Known Steroids User for the Hall of Fame,” in which he stated: “When I vote for a player I am upholding him for the highest individual honor possible. My vote is an endorsement of a career, not part of it, and how it was achieved. Voting for a known steroid user is endorsing steroid use. Having spent too much of the past two decades or so covering baseball on the subject of steroids -- what they do, how the game was subverted by them, and how those who stayed away from them were disadvantaged -- I cannot endorse it.”⁸⁹

At this point in the careers of these players, there is nothing they can do to change their future. Even active players like Alex Rodriguez cannot make a change. Players who have tested positive will always be remembered for testing positive and with the current state of things, will most likely not be elected into the HOF. It may not be fair in the eyes of the players, but that is the way baseball goes and has always gone. John Feinstein of the

⁸⁶ Verducci, Tom. “Why I’ll Never Vote for a Known Steroids User for the Hall of Fame,” Sports Illustrated.

⁸⁷ Verducci, Tom. “Why I’ll Never Vote for a Known Steroids User for the Hall of Fame,” Sports Illustrated.

⁸⁸ Verducci, Tom. “Why I’ll Never Vote for a Known Steroids User for the Hall of Fame,” Sports Illustrated.

⁸⁹ Verducci, Tom. “Why I’ll Never Vote for a Known Steroids User for the Hall of Fame,” Sports Illustrated.

Washington Post writes that no matter how hard AROD tries to deny his steroid use or blame others, he will never be part of the illustrious HOF because he abused PEDs.⁹⁰ Other writers claim there may still be a glimmer of hope for steroid users. In the most recent HOF ballot, players like Mike Piazza and Jeff Bagwell were close to getting the needed 75%, and some believe that if they can get in, the doors may open for the likes of Bonds and Clemens, and then maybe even others.⁹¹ Regardless of the “ifs” and “maybes,” the fact is that as of now the legacy of the players associated with the Steroid Era is that they were cheaters and do not deserve to be honored with HOF status. Mark McGwire admitted in an interview that he understands the situation and knows he is solely responsible for his actions as he states: "I have to deal with never, ever getting into the Hall of Fame. I totally understand and totally respect their opinion and I will never, ever push it. That is the way it's going to be and I can live with that."⁹²

The “Steroid Era” will forever be part of baseball, as steroids continue to be used. However even if the MLB is able to completely remove steroids, history cannot be erased, and all those players will still be remembered whether for good or for worse. Their records may still stand in the record books, they may be removed or asterisks may be placed beside them. No matter what though, the names of Bonds, McGwire, and Rodriguez among others will never be forgotten in the game of baseball.

⁹⁰ Feinstein, John. “Alex Rodriguez tried to ensure his legacy but killed it instead,” Washington Post. 2014.

⁹¹ Kepner, Tyler. “Bonds (and Everyone) Strike Out,” Sports: New York Times. 2013.

⁹² Verducci, Tom. “Why I’ll Never Vote for a Known Steroids User for the Hall of Fame,” Sports Illustrated.

Chapter 5: The Future of the Game

As MLB tries to recover and move on from the past few decades, the question remains as to what the future holds for the game. Like all sports, MLB struggles with changes. The actions MLB takes regarding steroids will greatly impact the future of the game. In the future, players who used steroids will eventually be eligible for the Hall of Fame; this will surely keep the debate going.

Current Policy of the MLB:

The current drug policy continues to have minor changes made in order to completely cover every aspect of steroids. The current policy was established in 2006 and is called “Joint Drug Prevention and Treatment Program.” The policy was established by an agreement between the MLP Players Association and the Office of the Commissioner of Baseball. The goal was to create a program that “provides for, in keeping with the overall purposes of the Program, an orderly, systematic, and cooperative resolution of any disputes that may arise concerning the existence, interpretation, or application” of the policy. As part of the agreement, the Office of the Commissioner has the sole power to distribute punishment to the players who break the rules. However, the Health Policy Advisory Committee (HPAC) may make recommendations to the policy and the type of treatment

players may have as part of steroid rehab.⁹³

MLB no longer is blind to the use of steroids, and the fact that players may be using different types of drugs to boost their performance. In fact it is hard to imagine that MLB does not have an idea of every single form of steroids. From the time of the outbreak until now, the MLB has gathered all different forms of steroids. The list of banned substances includes both steroids and stimulants. The known and listed steroids the MLB bans include 70 various types, as the stimulants consist of 55 various types. As the years go on, and players begin to explore new types of PEDs, the joint drug program has the right to add new drugs to the list. In order for a new drug to be added to the list, one of two things must happen.

- 1) If the federal government rules a drug is illegal, then the MLB must automatically add the drug to the banned substances list.
- 2) A drug may be added to the list if the HPAC unanimously vote for a drug to be added to the list.⁹⁴

As the MLB stands today, the policy remains intact. In regard to the future policy of the MLB, the policy may need slight changes to accommodate new forms of steroids and actions from the players.

⁹³ Schmidt, Michael. "Baseball to Expand Drug-Testing Program". New York Times. January 10, 2013.

⁹⁴ Schmidt, Michael. "Baseball to Expand Drug-Testing Program". New York Times. January 10, 2013.

Pros and Cons of Steroids in Baseball:

The past few decades in baseball will always be remembered as the era of steroids, the era where estimates of up to 70% of the players used PEDs and tainted the integrity of the game. The MLB clearly believe steroids are a downfall to the game of baseball. Is this really the case? The opinions of fans and players vary, and both make valid points in their attempt to either keep current policy, or to challenge the policy in hopes for a different future. For now the policy appears to stand for the rest of baseball, but the debate will continue to grow, especially as players continue to break the rules and take performance enhancing drugs.

Pros:

The pros for steroids range from benefiting past players, future players and to perhaps a removal of a hated period in baseball. The decades known as the steroids era witnessed some of the amazing feats in baseball history. Records were broken as players excited the fans with electrifying performances. Up until 1998, the record, for the most homeruns in a season was by New York Yankee Roger Maris in 1961. Thirty-seven seasons had come and gone and no player came close to surpassing the 61 homeruns in a single season. Then in one season, two players both put on performances that captured the fans of all ages. Ryan McDonald of the Daily Utah Chronicle recalls as he watched anxiously every time McGwire came to bat saying, "I still remember sitting in my parents' bedroom glued to the TV as No. 62 landed in the stands."⁹⁵ Millions of fans can recall memories like McDonald's. A few

⁹⁵ McDonald, Ryan. "The Great Debate: Should Steroids be Allowed in the MLB?" The Daily Utah Chronicle. July 15,2013.

years later, Barry Bonds broke the record that McGwire set in 1998 in 2001. Now in hindsight, MLB along with many of the fans understand those moments to no longer be moments of incredible history, but as moments of cheating. Both players tested positive for some for of anabolic steroids, indicating that they used drugs to perform the way they did. Many fans argue that regardless of whether or not PEDs were used, the fact remains that the fans tuned in and watched as the excitement built with every homerun.

Since the time of the scandal, only one player has reached 50 homeruns in a single season, that being Jose Bautista in 2010. Many believe homeruns are the most exciting part of baseball, and that only avid baseball fans would disagree. However avid baseball fans are not the only ones who go to the games, and odds are most fans at the games have the opinion that homeruns are the most exciting. With this as the standard, it is obvious to owners that to sell more tickets and merchandise, the players must hit more homeruns. Thus in order for players to hit more homeruns on a more consistent basis, steroids should be legalized.⁹⁶

A second factor used to promote legalization of steroids, strictly involves money. As MLB currently stands, a lot of money is invested in trying to determine if a player has used PEDs. Not only does the league have to pay for tests, but the organization must also work with their players to make sure they are not supplementing themselves with PEDs. Therefore the continued witch-hunt of steroid users in baseball will most definitely cost MLB more and more money, which it would save if steroids were legalized. A question develops around the money issue as to whether baseball is a pure game or just another form of entertainment. For many years baseball was seen as more than just simple entertainment, as fans placed their

⁹⁶ McDonald, Ryan. "The Great Debate: Should Steroids be Allowed in the MLB?" The Daily Utah Chronicle. July 15,2013.

hopes on teams and their performance. However, many claim that today baseball is simply a type of entertainment with the primary goal of making fans happy and want to buy tickets to the games. Games sold out every day while McGwire and Sosa were racing each other to break the homerun record.⁹⁷ Now many teams struggle to sell out their stadiums. Therefore money and profit serve as a pro for steroids being allowed in baseball.

As money goes, while MLB is losing money on running all these tests, the players using steroids are benefiting from increased contracts. Alex Rodriguez is a prime example of a player benefiting from steroid use in terms of money. During his career, he signed at the time two of the largest contracts in the history of the game because his performance merited it. His first contract lasted from 2001-2010, and was worth \$252 million. Then in 2008, he resigned from the Yankees with a contract worth \$275 million that wouldn't end until 2017.⁹⁸ The question is though, how much of an impact did steroids have? More recently, in the offseason following the 2013 season when MLB suspended 13 players, many signed even larger contracts as free agents after their suspensions. Johnny Peralta, for example, received a contract of 4 years worth \$56 million. Most baseball players will use a few steroids and serve a 50 game suspension to earn over \$10 million a year in guaranteed money. Other players felt this was unfair as the Cardinals gave him this contract because of his PED influenced performance. If this was the case, MLB should go ahead and legalize steroids because virtually everyone will take them to receive that much money.

Ever since Canseco released his book "Juiced," and named all those players who he

⁹⁷ McDonald, Ryan. "The Great Debate: Should Steroids be Allowed in the MLB?" The Daily Utah Chronicle. July 15, 2013.

⁹⁸ "Highest Paid Players List" Baseball Prospectus: Cot's Baseball Contracts. 2014.

accused of using steroids, MLB continues to work aggressively to uncover and catch all those who use PEDs. Every year new names are released, and those players lose fan support and prestige. Now the estimates range from 30% to up to 75% of all players during the early years of the steroids era, actually used steroids. These numbers remain estimates as only some have been caught or confessed. Those named include Bonds, McGwire and others. The Hall of Fame voting process has recently had the trouble of trying to determine who deserves the honor of being inducted. As it appears, those who have confessed or tested positive will perhaps never be inducted into the Hall of Fame. However, as many will ask, what does MLB do about those players who get inducted and later come out admitting to have used steroids? Should they be stripped of the honor or allowed to remain in. If those players are allowed to remain in, then is it fair to those who have confessed to still be denied the Hall of Fame?⁹⁹ MLB will not be able to catch every single steroid user past or present, and odds are, especially for past players, that a steroid user will be inducted into the Hall of Fame without anyone ever knowing it, and it is the argument of many that to keep that from happening, that they all should have the chance to get in based solely on numbers.

Another reason for the legalization of steroids in baseball is to save the town that serves as the home of the baseball Hall of Fame. Every summer MLB holds the induction ceremonies for the inductees in Cooperstown, NY. The ceremony is a big event with the induction, signing of autographs and a regular season baseball game between two of the teams with players being inducted. In the most recent Hall of Fame induction, three people

⁹⁹ Berg, Ted. "4 reasons the Baseball Hall of Fame should include steroids users." USA Today Sports. December 27,2013.

were inducted. In 2013, MLB inducted Deacon White, Hank O'Day and Jacob Ruppert, all who died in the 1930s.¹⁰⁰ There isn't anyone who could remember their playing days and recall what they did. The question is, "Who would go to Cooperstown for that induction ceremony?" Well the way MLB is going, with its prejudice against steroid users, the sad truth is that the Hall of Fame could continue to see induction ceremonies similar to this. Those who support the legalization use this to convince the others that those who have done great things in baseball and those players should remember baseball include steroid users. The main reason for this is because people believe the Hall of Fame should look solely at performance and numbers for Hall of Fame status, and not by the morals of the men themselves. Claims are made that those who have used steroids simply made a mistake and shouldn't have their lives ruined for one mistake, as every man makes mistakes.

Perhaps the greatest argument for the legalization of steroids is so that baseball can honor great players over the last few decades who accomplished major feats. During the steroids era, baseball saw the single season homerun record broken and then broken again. Baseball also watched Bonds break the all-time homerun record as he recorded 762 total homeruns. Other players accomplished other feats as well as multiple players entered the 500-homerun club and 3,000 hit club. Both of these records are just about automatic tickets into the Baseball Hall of Fame. Those in favor of allowing steroids argue that these players still deserve the honor for their feats. If the estimates of player involvement are accurate then

¹⁰⁰ Berg, Ted. "4 reasons the Baseball Hall of Fame should include steroids users." USA Today Sports. December 27,2013.

more than just the big name users were part of the scandal.¹⁰¹

In the Mitchell Report, many names were listed and most of them were players who have amounted to nothing baseball wise and many never made MLB rosters, just the minor leagues.¹⁰² Therefore, the argument is how much did the steroids really do? Those in favor argue that PEDs do help, but the players were still incredible players without them. No one can put a number next to steroids saying a player hit this many homeruns because of steroids. There is not telling if McGwire or Bonds would have had those seasons or not. The odds are that they probably would not have but it's still unclear. Another aspect of this is that the league and the fans supported those using steroids to accomplish such feats. Attendance to games were high as everyone wanted to see if McGwire or Sosa would be the first to 62 homeruns and then to see how many more they would get. The managers and owners also never took action to prohibit their players from using PEDs because in some cases they were winning because of them. The argument is whether it is fair to place all the blame solely on the players when in fact everyone in some way took part in the steroid era, whether that's acting like they do not know about it or going to games and watch hoping they would do something amazing. Everyone promoted steroids in some way, so why should these players be the only ones to suffer?

Those in favor of the legalization of steroids make logical arguments that appear to help the game of baseball. If steroids were legalized, then the steroids era would not bring a

¹⁰¹ Berg, Ted. "4 reasons the Baseball Hall of Fame should include steroids users." USA Today Sports. December 27,2013.

¹⁰² Berg, Ted. "4 reasons the Baseball Hall of Fame should include steroids users." USA Today Sports. December 27,2013.

negative view to baseball and force fans to hate the players they grew up watching. MLB would also save a large amount of money, from removing the multiple tests and just allowing them to do as they please. Ultimately, those in favor believe that if steroids were legalized, the future of baseball would be much brighter than it appears to be today.

Cons:

As noted the current stance on PEDs held by MLB is that all drugs should be and will remain illegal. There are many reasons why MLB among others oppose steroids and believe they should remain illegal. The cons of steroids range from unfair advantages compared to players in the past to health concerns and also to the point where if legalized, the players would focus less on training and more on just finding the best drug.

One of MLB's biggest reasons for keeping steroids illegal is because of the health concerns that can arise with steroid abuse. Steroids are like any other prescription drug. If prescribed by a doctor and taken right steroids can serve a helpful purpose. However, like any other drug, if someone abuses steroids then negative health effects can occur. MLB believes that if steroids become legal in baseball, the players would abuse steroids to an unhealthy level just to gain an advantage on everyone else using them. If everyone is using them then there is no real advantage unless a player decides to take more and more. Therefore in an attempt to keep players safe, MLB believes the best way is to keep steroids illegal.

Jacob Beck, a writer for the "Atlantic," discusses some of the arguments of why steroids should be illegal. He attempts to refute all the reasons, but admits that he is unable

to refute the argument that legalization will create an arms race.¹⁰³ In this article, Beck hits on the health concerns that steroid users face. Beck supports the position that steroids when used correctly and for the right reasons are beneficial, but when simply used to gain advantage, steroids are not good for the sport.¹⁰⁴ Beck argues that players will simply try and gain an upper hand to perform better or just hit more homeruns. As part of his argument, Beck claims that the idea that a homerun is the only exciting part of baseball is not true, and if that were the case, then Bud Selig would simply move the fences up.¹⁰⁵

Those against steroids believe and argue that previous users disgrace the integrity of the game. Until this time, steroids were assumed to be uninvolved with baseball. The assumption is that steroids never had a place in baseball before the 1990s and this could very possibly be true, therefore those using them now does provide some sort of advantage over those players of the past who accomplished things based solely on their skills and work.

Baseball is more than just a modern day game. Baseball's history is what makes the sport what it is today. For the rest of time, the names of baseball greats like Ruth, Cobb, DiMaggio, Aaron and many more will never be forgotten. Many of these players hold records in the major leagues, or did until the steroid era. After the outburst of steroids, players have broken records held for over 30 years. Those opposed to steroids claim these records are undeserved and these players should not be listed among the greats of old

¹⁰³ Beck, Jacob. "The Only Good Reason to Ban Steroids in Baseball: To Prevent an Arms Race." *The Atlantic*. June 17, 2013.

¹⁰⁴ Beck, Jacob. "The Only Good Reason to Ban Steroids in Baseball: To Prevent an Arms Race." *The Atlantic*. June 17, 2013.

¹⁰⁵ Beck, Jacob. "The Only Good Reason to Ban Steroids in Baseball: To Prevent an Arms Race." *The Atlantic*. June 17, 2013.

because they used drugs to perform at the level they did while those in baseball's history used only their talent and hard work.

In summary, those opposed to the idea of legalizing steroids, argue that PEDs are wrong from health reasons to history ones. If legalized, abuse of steroids is unpreventable, as players will have to take more to gain an advantage over everyone else who are using drugs, and can therefore cause a wide range of health risks. Steroids will also create an arms race in baseball, and the only way to make money in terms of contracts will be to juice up and find a new drug that others do not have access to. Finally, those against steroids believe steroid users have an unfair advantage over players of the past and to allow them to break records and erase the names out of record books is wrong because they are not achieving these feats on their own merit but on the merit of the drugs.

Personal Opinion:

As of 2014, MLB remains firm in its belief to maintain its policy against steroids. However many aspects of steroids remains to be determined, as many questions will continue to remain involving substance use. Perhaps the greatest questions to be answered are whether or not players who have used PEDs will ever enter the Hall of Fame, or if their records will be counted, and finally if PEDs will ever be legalized and allowed in MLB.

Neither MLB nor any sports analyst and writer have an answer to these questions, nor until an answer is provided, the answer remains up for debate and personal belief. One person's belief will be different from the next just as my opinion may be different than many others.

Perhaps the best way to understand the whole steroid era is to take a step back from it all. The history is there and will never be erased, just like the throwing of the World Series in 1919, or the years of betting on the game that Pete Rose is accountable for. Steroids must be accepted in that sense, but that does not mean that people must like it, but to try and erase it from history is not possible.

When first looking at the role of PEDs in baseball, the best place to start is to look at the drugs themselves. As discussed and seen, steroids plain and simple are just like any other drug. When a doctor prescribes them to a patient, then they are of great use. However, the way that baseball players have been using them is not through a doctor. The players are receiving them directly from the producers as seen in the BALCO and Biogenesis scandals and are abusing them. Players like Canseco and Bonds used steroids to create abnormal strength to propel them over the competition. In doing so, the players risked their health to gain an advantage in their career and were successful. In this regard, it is a personal choice as to what someone wants to do with their life, however some education may be beneficial in limiting steroid use, if the players completely understood the hazards with taking steroids.

Ultimately, the drugs and stimulants the players are taking increase their performance at some level, but the cons out weigh the pros. Sure a better performance can lead to a higher salary, but is more money really more important than one's health? Ultimately, many steroid users are already making a good deal of money without using steroids so why risk their health? Now for those who are using them, to make the next step into the big leagues, that argument remains but may not be as effective. In this case the main argument comes down to questioning their integrity of the game. Throughout the history of baseball, those who have broken the honor of the game were punished. When the White Sox purposely lost the

World Series, eight players were banned from baseball. In another more recent occasion, when the truth came out that Pete Rose gambled on the game and the games he played in, MLB banned him as well. Rose will probably never be allowed into the Hall of Fame, and therefore will probably never receive that illustrious honor every player strives for, despite the fact that he recorded the most hits of any player in his career. Baseball is a pure sport that should never be taken for granted or abused and steroids abuse the game and take it away from its purest form.

Baseball, like anything else in life has its rights and wrongs. In life when someone does something that is wrong, there is punishment for it. Even if the wrong doing is done unknowingly, the one responsible must still pay the price. This is the same for professional athletes, and perhaps even more so. Athletes, whether they like it or not, are role models for young children. Almost every boy growing up at some point in their life pretends they are their favorite athletes. Baseball is the same way. Most of the time, the athletes that are looked up to the most are the ones that perform the best and are the best players. From the 1990's up to today, many of those great baseball players are connected with the steroid scandal. Many tested positive while others simply admitted to using PEDs. In the sense of being a role model to children, using an illegal substance is a horrible way to set the example. In short, steroid users are saying it is okay to cheat in the game as long as it is beneficial to one's self.

Many will argue that it is unfair to set these players on that pedestal. Regardless as to whether or not an athlete should be looked up to in that way does not remove the fact that steroids have and remain illegal in the game of baseball. Those who used steroids in any form deserve to pay the price that comes with cheating the game. The current policy does

not seem to be getting the message across enough to players because they are still using PEDs and claiming the higher salary is worth a little suspension. If this policy remains unchanged, MLB will see a growing crisis as more and more players will take a 50 game suspension if they can get a larger contract when they return.

The legacy of the players, who are part of the steroid scandal, is two fold. The second part resulting from the decision of those who control the first part, The first part of their legacy involves the Hall of Fame. Only the sports writers have a say in who gets into the Hall of Fame, thus the legacy of many of these players rests in their hands. From recent ballots, it appears these players may never attain that honor, but only time will tell. If the voters allow them into the Hall of Fame, eventually people will stop criticizing them for their steroid use and remember them as great players, but if the voters continue to leave them out of their ballots then their legacy will remain as it is currently. The players involved with steroids chose their legacy. They knew the drugs were illegal, and thus do not deserve a honor as great as the Hal of Fame. Their records should also be erased or marked with an asterisk so that future generations will know players used illegal PEDs to boost their performance and obtain their achievements. Mark McGwire came to realize his mistakes and admitted that he will have to suffer with his regret for his actions. This is the only punishment at this time that may be effective in stopping steroid use in baseball, until the MLB worsens the penalties for steroids.

The reality of it all is harsh, but the likes of Canseco, Bonds, and AROD do not deserve anything but just that, a harsh reality. There is no denying that many of the steroid users were or are great players, and perhaps those still playing can make a new name for themselves. Unfortunately, when it comes to a player's statistics, the games played under the

influence of PEDs should be removed from a player's stat line, and then they should be looked at for honors such as the Hall of Fame. Understandably this maybe to hard to do, but who knows, the voters may find that Bonds' career before steroids was something to be considered, and perhaps the Braun's years to come will earn him the honor of being inducted one day. Until steroids are made legal in baseball, those involved should not be given any honor for using those banned substances.

The steroid era may be dwindling, but it is not over yet. The MLB must make changes if they wish to remove PEDs from the game completely. The penalties for using banned substances must be increased. A fifty game suspension leading to a larger contract is not going to get the job done. If caught players should have no benefits given to them following the suspension. Perhaps more lifetime bans need to be dealt by the MLB. If the MLB is willing to ban Canseco from baseball forever, then why can't it do the same to AROD or Bonds? The future of the game rests solely in the hands of the MLB and the commissioner. It's their job to fix the problem currently tainting the game of baseball, and to do so they must rid the game of PEDs. Once MLB shows there is a zero tolerance to using steroids, including money, then finally baseball may return to its pure form and bring the game back to what it was in the past. But until then steroids will continue to cast a dark cloud over the game and its players, leaving everyone to decide who deserves praise or who deserves to be placed with the likes of Bonds and Rodriguez as the villains of America's Pastime.

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