

Guilt-Free Gold

Directions: After reading “Juiced” (page 16), read the interview below and answer the questions that follow it.

Olympic speed skater Chris Witty has won a medal of every color—bronze and silver in the 1998 Olympics, and gold with a world record at the 2002 Olympics in Salt Lake City. She also competed as a cyclist in the 2000 Summer Olympics, making her one of only nine Americans to compete in both the Summer and Winter Olympics. She recently spoke to Current Health about steroids in sports.

CH: Do you believe many Olympians take steroids?

Witty: When you add in all of the athletes in all the different sports, there are a lot less than what you would think.

CH: What would you say to Olympic hopefuls who feel they “need” to take steroids to develop a competitive edge?

Witty: You need to take a look at what the Olympics really mean. It’s about the glory of the games, the struggle of humanity, and taking part [in the games]. There’s more to it than just winning gold medals. There should be something bigger there; we’re representing our country and the sense of fair play. If you feel like you have to do steroids in order to win a gold medal, you’ve already lost. You’ve already admitted that you can’t do it, you’re not capable, and that you know, in your heart, that you’re not a gold medalist.

My dream was to do three things: to win a gold medal, [to win it] in my home country, and [to] do it with a new world record. And when it happened, I knew it was all me—nobody could take that away. And 20, 30, 40 years from now, I’ll still be able to say it was my talent and determination that got me there.

1. Why did Witty choose not to use steroids?

2. Do you think this choice affects the meaning of her victory? Why or why not?

3. Should punishments for steroid use in the Olympics and in professional sports be different?
