

CALIFORNIA HORSE RACING BOARD  
1010 HURLEY WAY, SUITE 300  
SACRAMENTO, CA 95825  
(916) 263-6000  
FAX (916) 263-6042



May 26, 2008

Dear Owners, Trainers, Breeders, and Participants:

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

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

Thank you and safe racing to all,

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

Richard B. Shapiro  
Chairman  
California Horse Racing Board

May 23, 2008

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

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

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

**Q: Will all steroid violations be treated the same?**

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

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

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

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

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

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

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

**Q. Are anabolic steroids all completely banned?**

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

**Q. Why are any anabolic steroids allowed at all?**

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

**Q. Is clenbuterol an anabolic steroid?**

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

**Q. What are the withdrawal times on anabolic steroids?**

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

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

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

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

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

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

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

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

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

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

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

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

**Q: Will California be alone in this effort?**

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

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

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

#