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### Drug Free Sport™ Believes

- Testing is a necessary and effective drug-use prevention tool to develop athletes who are committed to success on and off the field.
- Athletics participation is a privilege, and athletes cannot be allowed to abuse drugs at their expense, the expense of their teammates or at the expense of their sport.
- Research shows that most athletes are drug free. Therefore, we will at all times treat athletes with dignity and respect, and above all else, protect their privacy.
- Strong relationships with certified, ethical sports drug-testing laboratories and collectors benefit our clients' drug-testing programs.
- Sports organizations differ in their philosophies on how to deter drug use. We support an organization's right to conduct its programs according to its principles and objectives.
- Not every sports organization shares our values, and we will not compromise what we believe in the name of increasing the bottom line.

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## Drug Free Sport™

### FRANKLY SPEAKING

BY FRANK URYASZ, PRESIDENT, DRUG FREE SPORT™

#### Programs should be on continuous path toward excellence

Drug Free Sport is not a drug-testing laboratory. However, the excellent work of our partner laboratories in the U.S. and Canada is a critical component to our service to our sports clients. In the previous two issues of Insight, we featured profiles of our two, U.S.-based World Anti-Doping Agency (WADA) laboratories. In this issue, we introduce you to Clinical Reference Laboratory, Inc., also known as CRL.

Drug Free Sport and CRL have worked together closely for nearly a decade. We chose CRL as one of our lab partners because it is client centered, flexible and focused on what it does best. Consolidation has been the trend in the drug-testing industry, yet CRL has remained independent. This allows CRL, and Drug Free Sport, to customize services to the needs of the client and to the changing patterns of drug use by athletes.



CRL holds the highest levels of accreditation for the work that it does, yet it doesn't stray from its area of expertise like other commercial testing organizations. I am glad CRL is part of the Drug Free Sport team.

I am pleased that so many of our testing programs are now operating on a year-round basis. After all, cheating and poor decision making don't take a break during the summer. In fact, athletes are more at risk for drug use outside their playing seasons or when they are away from the structure of school or sport.

Drug Free Sport believes that each of our clients' programs should be on a continuous path toward excellence. The programmatic elements that lead them to excellence (i.e., maximized deterrence) are many. They include year-round testing, no-notice or very short-notice testing, well-trained collectors, state-of-the-art, fully accredited laboratories and many, many others.

As your advisor, we take seriously our responsibility to lead your programs along a progression whereby your education and testing programs are stronger than they were the year before.

We recognize that the economic challenges facing sports organizations can slow the process of improvement, but they should never reverse it. If your organization is facing temporary budget cuts that affect the services provided to your athletes, including drug-use-deterrence services, please contact our staff. We can help you find solutions that don't compromise the health and safety of your athletes.

Thanks to all the athletic trainers who stopped in to see us at the NATA annual meetings in San Antonio. I always am impressed with how committed the athletic trainers are to their continued education about drug use in sport.

By the way, we had a drawing at our booth for a Garmin navigational device. The winner was Jim Lancaster, associate athletic director for sports medicine at University of Texas - Pan American. Congratulations, Jim. Texas is a big place so we hope Drug Free Sport is helping to lead you in the right direction.

# All labs are not created equal

## Part Three: Spotlight on Clinical Reference Laboratory, Inc.



### ACCREDITED LAB PROVIDES CUSTOM DRUGS OF ABUSE TESTING PANELS

While virtually unknown to collegiate athletic departments working with Drug Free Sport, Clinical Reference Laboratory, Inc. (CRL) is heavily involved in the testing of specimens from their student-athletes for drugs of abuse.

CRL, however, has been thoroughly vetted by Drug Free Sport as its laboratory of

choice for administering the testing for its collegiate clients for street drugs such as marijuana, cocaine and other illicit drugs.

Nine years ago, Drug Free Sport selected CRL, based out of Lenexa, KS, a suburb of Kansas City, to provide the testing for drugs of abuse because of the lab's experience, the quality of its results,

and the lab's interest in working with Drug Free Sport to develop custom testing panels specific to athlete testing.

"When we started working with colleges directly in 2000, we discovered a need for a laboratory other than the World Anti-Doping Agency (WADA)-accredited labs because schools and colleges required some limited testing, primarily for drugs of abuse, with a fast turn around – results reporting within 24 hours," said Frank Uryasz, president of Drug Free Sport.

A client's drugs of abuse program is separate and distinct from testing for performance-enhancing drugs such as anabolic steroids conducted through labs certified by WADA.

While many laboratories provide testing for street drugs and other drugs of

by **Sally Huggins**  
**Insight Contributor**

abuse, Drug Free Sport needed more sensitive testing for its athlete drug testing. CRL was and continues to be very interested in helping to develop drug-testing panels specifically used for testing athletes.

Barry Feingold, (right) senior vice president of CRL, said as a privately held company, the lab has the advantage of greater flexibility than other laboratory providers. It can make changes and handle issues quickly without going through a bureaucratic hierarchy common in other labs.



CRL doesn't have just an off-the-shelf listing of tests but creates custom work.

"We are different from other labs in that we focus on providing our customers with custom testing panels," Feingold said.

CRL is involved in developing specific tests with lower cutoff levels, which makes the tests more sensitive, providing lower tolerance levels than someone would normally get in a standard drug test as is often conducted for employers. Very sensitive tests provide Drug Free Sport clients an opportunity to detect small amounts of a banned substance that might otherwise go undetected. The lab's development of panels is ongoing because Drug Free Sport clients have constantly changing needs specific to their school environments, Feingold said.



Above, Clinical Reference Laboratory, Inc. (CRL) processes urine samples for analysis using Gas Chromatography Mass Spectrometry (GC/MS) instruments. There are 27 GC/MS instruments in the toxicology laboratory at CRL.

A panel is developed by determining what drugs to test for and the cutoff level at which a drug's presence will be detected. Some labs with higher cutoffs for a drug might not identify a sample as positive for a banned substance while CRL's custom developed test would detect the substance.



"Drug Free Sport asked us to develop the panels for their Sports Monitoring Addressing Real Threats (SMART) program – panels designed to focus on specific substances with dramatic cutoff levels to get to sensitive tests," Feingold said. The SMART testing program provides customized services to athletic organizations.

When Drug Free Sport approached CRL about helping to develop alternative approaches to drug testing, Uryasz was impressed with the laboratory's interest in the project. Also important was CRL's huge customer base and experience with testing. The lab conducts millions of tests annually for all types of clients from retailers to the transportation industry but is able to provide personal, not automated, customer service and customized tests. A drug test required by a retail or transportation employer can vary hugely from that required for athletes.

"We selected CRL for a few important reasons," Uryasz said. "At the time, the NCAA had banned Ephedrine and had begun its year-round testing. Schools wanted to test for Ephedrine, too, and other drugs of abuse. And CRL could provide lower levels testing results for schools."

Chris Nordby, director of high school testing at Drug Free Sport, knows the quality of the lab's work from the inside, having worked at CRL for 10 years before joining the Drug Free Sport staff. He noted the importance of the lab's flexibility.

"Drug Free Sport respects its clients' needs and wants the flexibility to help them, whether it's through the sensitivity of tests needed, the cutoff levels or the panels required," Nordby said.

CRL also is good with special projects.

"If our client wants 200 tests on a weekend, CRL makes accommodations for speed of results, as well as pricing," Nordby said.

CRL is a SAMHSA certified lab, which means it is approved by the U.S. Department of Health and Human Services through the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA laboratories are certified to analyze specimens collected through government-regulated drug-testing programs.

The certification means the lab must follow specific regulatory procedures, which are stringent, Feingold said. When the certification program was initiated in 1989, 105 labs were certified and today there are only 35 labs with SAMHSA certification in the United States. Many of the labs have withdrawn from the program

***Some labs with higher cutoff levels for a drug might not identify a sample as positive for a banned substance, while CRL's custom developed tests would detect the substance.***

because of the strenuous certification process and inspections, he said. Because CRL is a Class 5, it is inspected four times a year rather than twice a year, Feingold said.

"It's the gold standard," he said.

CRL also is certified by the American Board of Forensic Toxicology, the College of American Pathologists, and the Clinical Laboratory Improvement Amendments (CLIA), as well as every state that requires certification, Feingold said.



**A lab technician is shown above preparing batches of testing samples to be loaded onto a screening instrument. There are 10 screening instruments in the toxicology lab at CRL, each capable of processing up to 1,600 tests per hour.**

"It means we are inspected all the time," he said.

As a privately held company, CRL has avoided the consolidations that have been occurring in the laboratory industry. Often consolidation causes a loss of service or support for clients, Feingold said. CRL frequently finds those displaced clients migrating to it. The lack of turnover in staff also has made working with the lab preferable to some clients whose projects have been caught up in a consolidation.

Another advantage of working with CRL is the quick turnaround on results. Testing results are available within 24 hours if the test is negative and within 48 hours if it's a positive result.

CRL utilizes a secure, encrypted Web site to manage and distribute results. Drug Free Sport is given a secure password and is notified by email that its client's samples have been analyzed so they can see the results, Feingold said. Also available on the Web site is the chain of custody paperwork. The online reporting system greatly enhances the speed with which results are available for viewing.

Another asset of CRL is its diversified portfolio. The company does testing of medical professionals such as physicians and nurses going through a rehabilitation process, which can involve testing for up

## RESEARCH NEWS

### Partnership for Clean Competition awards first anti-doping research grant

The Partnership for Clean Competition (PCC) has announced the awarding of its first anti-doping research grant since the research collaborative was formed in 2008.

The recipient of the \$500,000 grant is J. Thomas Brenna, Ph.D., of Cornell University for his grant proposal titled, "Characterization of the Human Urinary Steroidome for Anti-Doping Applications."

## PARTNERSHIP FOR clean competition

The PCC is an innovative research collaborative founded by the United States Olympic Committee (USOC), United States Anti-Doping Agency (USADA), Major League Baseball (MLB) and the National Football League (NFL). The mission of the PCC is to ensure integrity in sport by supporting anti-doping research, thereby ensuring the benefits of sports across all levels of participation.

The Brenna research aims to define the whole steroid profile in urine using comprehensive two dimensional gas chromatography/time of flight mass spectrometry. This should allow detection of synthetic anabolic steroids, including designer steroids. Brenna also plans to extend the steroid separation approach to carbon isotope ratio (CIR) testing, which can determine whether a steroid is natural or synthetic.

"In selecting Dr. Brenna as our first grant recipient, the PCC and this country's major sports organizations have collectively taken a major step forward in supporting high-level anti-doping research," USOC Acting Chief Executive Officer and PCC Board of Governors Chairperson Stephanie Streeter said. "Brenna's research project has the potential for increasing the sample throughput and detection limits, which would benefit all sports entities and improve upon existing testing techniques. We are impressed by Brenna's research

and look forward to his findings and recommendations over the next several years."

Said Brenna, "We are honored the PCC has selected our laboratory as its first grant recipient. Our research group looks forward to the opportunity to contribute to the important efforts of the PCC to maintain the integrity of sports."

The PCC is now working on its next round of grant funding. The PCC will conduct three grant application rounds annually.

Applications are reviewed by the PCC's Scientific Advisory Board (SAB), which consists of internationally-recognized experts and is chaired by USADA Chief Science Officer Larry Bowers, Ph.D. The Board of Governors, consisting of representatives from the USOC, USADA, MLB and NFL, considers the SAB recommendations and makes the final determination on grant winners.

The PCC will support research that has a high likelihood of resulting in methods or products that will advance the anti-doping field and ensure integrity in sport. Brenna's research should advance current testing methods by enabling a broader analysis of urinary steroids.

"The approach proposed by Brenna shifts targeted identification requirements to a non-targeted analysis of all urinary steroids," Bowers said. "The technique hopefully will enable the detection of previously uncharacterized or unknown designer steroids in urine. In addition, this technique has the potential to broaden CIR testing."

Also supporting the PCC are the National Basketball Association, National Hockey League and PGA TOUR.

The next deadline for PCC research proposal pre-applications is November 1, 2009. The pre-application and further information regarding the PCC can be accessed at [www.cleancompetition.org](http://www.cleancompetition.org).

## CRL

### Continued from page 5

to 50 drugs in a panel, Feingold said.

"We pride ourselves on having the development capacity to give our clients expanded panels and cutoff levels," he said.

CRL representatives meet with Drug Free Sport staff on a regular basis to assist in developing new panels for athlete testing. The lab is currently working to finalize a diuretic panel requested by Drug Free Sport.

Most Drug Free Sport clients will never interact directly with CRL. Drug Free Sport is a third-party administrator for drug testing,

working with athletics programs to determine their needs and passing the requests on to the lab for development of protocols. DFS then manages the actual testing and results for the athletic department.

"Schools want accredited drug testing and they want quick turnaround. That's what we get with CRL," Uryasz said.

CRL does not take sports drug-testing samples from any other group.

"CRL doesn't work with any provider for testing of athletes other than the National Center for Drug Free Sport because we know they are very organized, ethical and administer their clients on a high level," he said.

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***"Schools want accredited drug testing and they want quick turnaround. That's what we get with Clinical Reference Laboratory, Inc."***

***- Frank Uryasz,  
President of  
Drug Free Sport***