

FAUST'S GOLD



INSIDE
THE EAST GERMAN
DOPING MACHINE

STEVEN UNGERLEIDER, Ph.D.

Fausts Gold Inside The East German Doping Machine

Paul Dimeo



Faust's Gold Inside The East German Doping Machine:

Faust's Gold Steven Ungerleider, 2015-03-10 Steven Ungerleider's *Faust's Gold* is the stunning expose of the East German sports juggernaut of the 1970s and 1980s that forced young athletes to unknowingly take steroids. For nearly twenty-five years, East Germany's corrupt sports organization dominated international athletics. While the German Democratic Republic's secret State Plan was in effect, more than ten thousand unsuspecting young athletes, some as young as twelve years old, were given massive doses of performance-enhancing anabolic steroids. These athletes achieved miraculous success in international competitions including the Olympics, but for many of them, their physical and emotional health was permanently damaged. *Faust's Gold* draws on the revelations of the ongoing trials of former GDR coaches, doctors, and sports officials who have now confessed to conducting ruthless medical experiments on young and talented athletes selected for Olympic training camps. It also draws on the extensive research of Brigitte Berendonk, who escaped from East Germany to begin a decade-long crusade to bring justice to her fellow athletes and that of her husband, Professor Werner Franke. Berendonk's story and those of her colleagues in the GDR offer a unique insight into a bizarre regime. *Faust's Gold* is a true-life detective story that plunges into the dark, secretive world of the GDR doping scam, where elite competitors and their families are up against a formidable opponent: the East German secret police, known as the STASI. What emerges is a complex tapestry of the politicized modern Olympics that culminates in a powerful testimony to the massive wrong done by one Eastern Bloc nation to its world-class athletes.

Spitting in the Soup Mark Johnson, 2016-07-01 Doping is as old as organized sports. From baseball to horse racing, cycling to track and field, drugs have been used to enhance performance for 150 years. For much of that time, doping to do better was expected. It was doping to throw a game that stirred outrage. Today, though, athletes are vilified for using performance-enhancing drugs. Damned as moral deviants who shred the fair-play fabric, dopers are an affront to the athletes who don't take shortcuts. But this tidy view swindles sports fans. While we may want the world sorted into villains and victims, putting the blame on athletes alone ignores decades of history in which teams, coaches, governments, the media, scientists, sponsors, sports federations, and even spectators have played a role. The truth about doping in sports is messy and shocking because it holds a mirror to our own reluctance to spit in the soup—that is, to tell the truth about the spectacle we crave. In *Spitting in the Soup*, sports journalist Mark Johnson explores how the deals made behind closed doors keep drugs in sports. Johnson unwinds the doping culture from the early days when pills meant progress and uncovers the complex relationships that underlie elite sports culture, the essence of which is not to play fair but to push the boundaries of human performance. It's easy to assume that drugs in sports have always been frowned upon, but that's not true. Drugs in sports are old. It's banning drugs in sports that is new. *Spitting in the Soup* offers a bitingly honest, clear-eyed look at why that's so and what it will take to kick pills out of the locker room once and for all.

Duels in the Pool Matthew De George, 2013-07-05 In the sports world, battles between rivals can be friendly, hotly contested, or even hostile. An individual

sport at its core swimming is defined by iconic rivalries such as those between Ian Thorpe and Grant Hackett Michael Phelps and Ryan Lochte and Jenny Thompson and Dara Torres Throughout its history swimming has showcased some of its top athletes competing face to face challenging each other in ways that captivate their fans Duels in the Pool Swimming s Greatest Rivalries highlights the best of these contests Spanning nearly 100 years this book delves into the individual showdowns team battles friendly competitions and heated political rivalries that have played out in pools around the world From their early beginnings through the highlights of their careers this book follows the top athletes in the sport and the rivals who pushed them to the pinnacle of swimming Individual races are recounted bringing to life the intense competition that drove the swimmers to glory In addition to the individual athletes Duels in the Pool also examines some of the most exciting rivalries that existed between colleges and among nations Although such rivalries as those between the U S and Australia took place exclusively in the pool others such as the battle against East Germany during the 1970s and 80s were intensified by the political climate and allegations of doping Exhaustively researched Duels in the Pool includes original interviews and rich details shining a light on some of the sport s finest athletes and the rivalries that propelled them to greatness This book will appeal not only to sports historians and researchers but also to fans of swimming at every level

Critical Issues in Global Sport Management Nico Schulenkorf, Stephen Frawley, 2016-10-04 The social cultural and economic significance of sport has never been more evident than it is today Adopting a critical management perspective this book examines the most important themes and challenges in global sport management From match fixing doping bribery and corruption to corporate social responsibility governance and new media it helps students researchers and practitioners to understand the changing face of the global sport industry Written by leading international sport management experts Critical Issues in Global Sport Management includes twenty chapters and real life case studies from around the world It examines contemporary governance and management issues as well as the ethical challenges faced by the global sport industry including questions of integrity and accountability in recent drug scandals that have been widely reported and debated This book deals with such questions and many more highlighting the fact that the global sport system is in urgent need of new and innovative solutions to these ongoing problems Based on cutting edge research from the US UK Australia Europe and beyond this book will add depth and currency to any course in sport management sport business sport development or sport events

Every Molecule Tells a Story Simon Cotton, 2011-11-16 Written by a seasoned teacher speaker and writer in the field of chemistry this text serves to provide a guide to the chemicals that make life possible and enrich the senses as well as those that endanger it This text combines the science and history of certain molecules and deals with the chemistry of each substance in an interesting and easily understandable manner Topics covered include substances found in air and water food hydrocarbons acids and alkalis natural killers unnatural killers destructive molecules pleasure molecules natural healers man made healers giant molecules and vitamins

The Sports Gene David Epstein, 2014-04-29 The New York Times bestseller

with a new afterword about early specialization in youth sports from the author of *Range Why Generalists Triumph in a Specialized World* The debate is as old as physical competition Are stars like Usain Bolt Michael Phelps and Serena Williams genetic freaks put on Earth to dominate their respective sports Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training In this controversial and engaging exploration of athletic success and the so called 10 000 hour rule David Epstein tackles the great nature vs nurture debate and traces how far science has come in solving it Through on the ground reporting from below the equator and above the Arctic Circle revealing conversations with leading scientists and Olympic champions and interviews with athletes who have rare genetic mutations or physical traits Epstein forces us to rethink the very nature of athleticism

Drug Games Thomas M. Hunt, 2011-01-15

On August 26 1960 twenty three year old Danish cyclist Knud Jensen competing in that year's Rome Olympic Games suddenly fell from his bike and fractured his skull His death hours later led to rumors that performance enhancing drugs were in his system Though certainly not the first instance of doping in the Olympic Games Jensen's death serves as the starting point for Thomas M Hunt's thoroughly researched chronological history of the modern relationship of doping to the Olympics Utilizing concepts derived from international relations theory diplomatic history and administrative law this work connects the issue to global political relations During the Cold War national governments had little reason to support effective anti doping controls in the Olympics Both the United States and the Soviet Union conceptualized power in sport as a means of impressing both friends and rivals abroad The resulting medals race motivated nations on both sides of the Iron Curtain to allow drug regulatory powers to remain with private sport authorities Given the costs involved in testing and the repercussions of drug scandals these authorities tried to avoid the issue whenever possible But toward the end of the Cold War governments became more involved in the issue of testing Having historically been a combined scientific ethical and political dilemma obstacles to the elimination of doping in the Olympics are becoming less restrained by political inertia

Defending the American Way of Life Kevin B. Witherspoon, 2018-12-01 Winner 2019 NASSH Book Award Anthology The Cold War was fought in every corner of society including in the sport and entertainment industries Recognizing the importance of culture in the battle for hearts and minds the United States like the Soviet Union attempted to win the favor of citizens in nonaligned states through the soft power of sport Athletes became de facto ambassadors of US interests their wins and losses serving as emblems of broader efforts to shield American culture both at home and abroad against communism In *Defending the American Way of Life* leading sport historians present new perspectives on high profile issues in this era of sport history alongside research drawn from previously untapped archival sources to highlight the ways that sports influenced and were influenced by Cold War politics Surveying the significance of sports in Cold War America through lenses of race gender diplomacy cultural infiltration anti communist hysteria doping state intervention and more this collection illustrates how this conflict remains relevant to US sporting institutions organizations and ideologies today

A History of Drug Use in

Sport: 1876 - 1976 Paul Dimeo, 2008-03-10 This book offers a new history of drug use in sport. It argues that the idea of taking drugs to enhance performance has not always been the crisis or evil we now think it is. Instead, the late nineteenth century was a time of some experimentation and innovation, largely unhindered by talk of cheating or health risks. By the interwar period, experiments had been modernised in the new laboratories of exercise physiologists. Still, there was very little sense that this was contrary to the ethics or spirit of sport. Sports drugs and science were closely linked for over half a century. The Second World War provided the impetus for both increased use of drugs and the emergence of an anti-doping response. By the end of the 1950s, a new framework of ethics was being imposed on the drugs question that constructed doping in highly emotive terms as an evil. Alongside this emerged the science and procedural bureaucracy of testing. The years up to 1976 laid the foundations for four decades of anti-doping. This book offers a detailed and critical understanding of who was involved, what they were trying to achieve, why they set about this task, and the context in which they worked. By doing so, it reconsiders the classic dichotomy of good anti-doping up against evil doping. Winner of the 2007 Lord Aberdare Literary Prize for the best book in British sports history.

Major League Turbulence Douglas M. Branson, 2021-10-05 The decades between the late 1960s counterculture and the advent of steroid use in the late 1980s brought tumult to Major League Baseball. Dock Ellis, Pirates, Yankees, and Dick Allen, Phillies, Cardinals, Dodgers, White Sox epitomized the era with recreational drug use. Ellis, labor strife, Allen, and the questioning of authority. Both men were Black Power advocates at a time when the movement was growing in baseball. In the 1970s and 1980s, Marvin Miller and the Major League Baseball Players Association fought numerous mostly victorious battles with MLB and team owners. This book chronicles a turbulent period in baseball and in American life that led directly to the performance-enhancing drug era and the dramatically changed nature of the game.

Routledge Handbook of Drugs and Sport Verner Møller, Ivan Waddington, John Hoberman, 2015-06-19 Doping has become one of the most important and high-profile issues in contemporary sport. Shocking cases such as that of Lance Armstrong and the US Postal cycling team have exposed the complicated relationships between athletes, teams, physicians, sports governing bodies, drugs providers, and judicial systems, all locked in a constant struggle for competitive advantage. The Routledge Handbook of Drugs and Sport is simply the most comprehensive and authoritative survey of social scientific research on this hugely important issue ever to be published. It presents an overview of key topics, problems, ideas, concepts, and cases across seven thematic sections which include chapters addressing: The history of doping in sport; Philosophical approaches to understanding doping; The development of anti-doping policy; Studies of doping in seven major sports including athletics, cycling, baseball, and soccer; In-depth analysis of four of the most prominent doping scandals in history, namely Ben Johnson, institutionalized doping in the former GDR, the 1998 Tour de France, and Lance Armstrong; WADA and the national anti-doping organizations; Key contemporary debates around strict liability, the criminalization of doping, and zero tolerance versus harm reduction; Doping outside of elite sport in gyms, the military, and the police. With contributions

from many of the world's leading researchers into drugs and sport this book is the perfect starting point for any advanced student researcher policy maker coach or administrator looking to develop their understanding of an issue that has had and will continue to have a profound impact on the development of sport *Fastest, Highest, Strongest* Rob Beamish, Ian Ritchie, 2006-09-27 A challenging scholarly contribution to the debate surrounding performance enhancing practices in sport which roots the subject in its international social political and historical context Development of the Youth Athlete Neil Armstrong, 2018-08-15 Development of the Youth Athlete offers a single authored well illustrated evidence based and integrated analysis of the development and trainability of the morphological and physiological characteristics which influence sport performance in youth The book critically analyses the development of the youth athlete in the context of current and future sport performance and long term health and well being Development of the Youth Athlete identifies the principal controversies in youth sport and addresses them through sport specific examples Presenting a rigorous assessment and interpretation of scientific data with an emphasis on underlying physiological mechanisms the book focuses on the interactions between growth maturation and Sport related fitness Sport specific trainability Sport performance Challenges in youth sport Providing the only up to date coherent critical discourse on youth athlete development currently available Development of the Youth Athlete is essential reading for students lecturers sport medicine practitioners researchers scholars and senior coaches with an interest in youth sport exercise science and sport medicine Dope Daniel M. Rosen, 2008-06-30 Since the dawn of athletic competition during the original Olympic Games in Ancient Greece athletes as well as their coaches and trainers have been finding innovative ways to gain an edge on their competition Some of those performance enhancement methods have been within the accepted rules while other methods skirt the gray area between being within the rules and not while still other methods break the established rules In modern times doping the use of performance enhancing drugs has been one method athletes and their trainers have used to beat their competition The history of sports doping during the modern era can be traced through the events and scandals of the times in which the athletes lived From the use of amphetamines and other stimulants in the early 20th century to the use of testosterone and steroids by both the USSR and the United States during Cold War era Olympics games to blood doping and EPO to designer drugs the history of doping in sports closely follows the medical and technological advances of our times In the early 21st century the possibility of genetically engineered athletes looms The story of doping in sports over the last century offers clues to where the battle over performance enhancement will be fought in the years to come **The ^AOxford Handbook of Sport and Society** Lawrence A. Wenner, 2022-09-27 The Oxford Handbook of Sport and Society is the premier comprehensive and interdisciplinary work for readers looking to understand key areas of inquiry about the role and impacts of sport in contemporary culture Through fifty seven chapter treatments from leading international scholars on sport's impact on key aspects of our lives the Handbook is essential reading for any reader trying to understand the outsized ways in

which sport has become more than a game *Molecules That Amaze Us* Paul May, Simon Cotton, 2014-10-23 This new book is by two knowledgeable and expert popularizers of chemistry and deals exclusively with molecules and compounds rather than with the simpler atoms and elements It is based on the very successful Molecule of the Month website that was begun by Paul May fifteen years ago and to which his co author Simon Cotton has been a frequent contributor The authors strike an excellent balance between introducing the novice to the world of molecules while also keeping the expert chemist interested I highly recommend this book to all readers It will vastly expand your knowledge and horizons of chemistry and the human ingenuity that surrounds it From the Foreword by Dr Eric Scerri UCLA Los Angeles website www.ericscerri.com Author of *The Periodic Table Its Story and Its Significance* and several other books on the elements and the periodic table The world is composed of molecules Some are synthetic while many others are products of nature *Molecules That Amaze Us* presents the stories behind many of the most famous and infamous molecules that make up our modern world Examples include the molecule responsible for the spicy heat in chilies capsaicin the world's first synthetic painkiller aspirin the pigment responsible for the color of autumn leaves carotene the explosive in dynamite nitroglycerine the antimalarial drug quinine the drug known as speed methamphetamine and many others Other molecules discussed include caffeine adrenaline cholesterol cocaine digitalis dopamine glucose insulin methane nicotine oxytocin penicillin carbon dioxide limonene and testosterone In all the book includes 67 sections each describing a different molecule what it does how it is made and why it is so interesting Written by experts in the field the book is accessible and easy to read It includes amusing anecdotes historical curiosities and entertaining facts about each molecule thereby balancing educational content with entertainment The book is heavily illustrated with relevant photographs images and cartoons the aim being both to educate and entertain

Nutrition and Enhanced Sports Performance Debasis Bagchi, Sreejayan Nair, Chandan K. Sen, 2018-10-05 Nutrition and Enhanced Sports Performance Muscle Building Endurance and Strength Second Edition includes comprehensive sections on the role of nutrition in human health various types of physical exercises including cardiovascular training resistance training aerobic and anaerobic exercises bioenergetics and energy balance and the nutritional requirements associated with each Other sections cover sports and nutritional requirements the molecular mechanisms involved in muscle building an exhaustive review of various foods minerals supplements phytochemicals amino acids transition metals competition training healthy cooking physical training and lifestyle and dietary recommendations for sports performance This updated edition includes new chapters on mood alertness calmness and psychomotor performance in sports extreme sports natural myostatin inhibitor and lean body mass the benefits of caffeine in sport nutrition formulations the role of vitamin D in athletic performance probiotics and muscle mass Provides a comprehensive appraisal of the nutritional benefits of exercise in human health Compiles chapters reviewing the nutritional prophylaxis in human health Addresses performance enhancement drugs and sports supplements Presents various types of physical exercises and addresses exercise and nutritional requirements in

special populations Discusses sports nutrition and the molecular mechanisms involved in muscle building Contains an exhaustive review of various food minerals supplements phytochemicals amino acids transition metals small molecules and other ergogenic agents Highlights the aspects of healthy cooking physical training lifestyle and dietary recommendations for sports performance

Pooling Talent Matthew De George, 2014-07-02 Swimming is primarily an individual endeavor yet certain accomplishments even by some of the most illustrious names in the sport can only be fully appreciated when considered alongside the contributions of their teammates After all Michael Phelps would never have earned a record eight gold medals in the 2008 Olympics were it not for his teammates world record setting efforts in the 400 freestyle relay In **Pooling Talent** Swimming's Greatest Teams Matthew De George highlights the top relay teams squads and programs in the history of competitive swimming Each chapter describes in detail the history surrounding the team the crucial races and the key swimmers Part I examines relay teams such as the 1976 U S Women's 400 Freestyle the 2000 Australian Men's Freestyle and the 2004 U S Men's Medley showcasing how four opponents in the individual events can mesh seamlessly into a team Part II explores the national squads spanning from the 1924 U S Olympians to the 2001 World's Australians revealing the interplay between team and individual success In Part III the top developmental programs around the world are featured including the 1930 Japanese Men's program and the North Baltimore Aquatic Club Together the relay teams squads and programs provide constant motivation pushing individuals to achieve much more than they ever could in isolation Extensively researched and rich in detail **Pooling Talent** takes a novel look at swimming accomplishments old and new casting the accolades of individuals in a fresh light Fans coaches athletes and researchers alike will find this a unique and refreshing history of swimming's greatest teams

Modern Germany Wendell G. Johnson, Katharina Barbe, 2022-03-29 This thematic encyclopedia presents a broad overview of contemporary Germany spanning such topics as geography pop culture the media and gender roles Themes in the book cover geography history politics and government economy religion and thought social classes and ethnicity gender marriage and sexuality education language etiquette literature and drama art and architecture music and dance food leisure and sports and media and pop culture Within each theme short topical entries cover a wide array of key concepts and ideas from LGBTQ issues in Germany to linguistic dialects to the famous Oktoberfest

The Routledge History of American Sport Linda J. Borish, David K. Wiggins, Gerald R. Gems, 2016-10-04 The **Routledge History of American Sport** provides the first comprehensive overview of historical research in American sport from the early Colonial period to the present day Considering sport through innovative themes and topics such as the business of sport material culture and sport the political uses of sport and gender and sport this text offers an interdisciplinary analysis of American leisure Rather than moving chronologically through American history or considering the historical origins of each sport these topics are dealt with organically within thematic chapters emphasizing the influence of sport on American society The volume is divided into eight thematic sections that include detailed original essays on particular facets of each theme Focusing on

how sport has influenced the history of women minorities politics the media and culture these thematic chapters survey the major areas of debate and discussion The volume offers a comprehensive view of the history of sport in America pushing the field to consider new themes and approaches as well Including a roster of contributors renowned in their fields of expertise this ground breaking collection is essential reading for all those interested in the history of American sport

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Fausts Gold Inside The East German Doping Machine**

In a global inundated with monitors and the cacophony of immediate conversation, the profound energy and mental resonance of verbal artistry frequently disappear into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the lyrical pages of **Fausts Gold Inside The East German Doping Machine**, a charming perform of fictional splendor that pulses with fresh thoughts, lies an memorable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this exciting opus courses readers on a mental odyssey, lightly revealing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is key subjects, dissect their interesting writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Table of Contents Fausts Gold Inside The East German Doping Machine

1. Understanding the eBook Fausts Gold Inside The East German Doping Machine
 - The Rise of Digital Reading Fausts Gold Inside The East German Doping Machine
 - Advantages of eBooks Over Traditional Books
2. Identifying Fausts Gold Inside The East German Doping Machine
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fausts Gold Inside The East German Doping Machine
 - User-Friendly Interface

4. Exploring eBook Recommendations from Fausts Gold Inside The East German Doping Machine
 - Personalized Recommendations
 - Fausts Gold Inside The East German Doping Machine User Reviews and Ratings
 - Fausts Gold Inside The East German Doping Machine and Bestseller Lists
5. Accessing Fausts Gold Inside The East German Doping Machine Free and Paid eBooks
 - Fausts Gold Inside The East German Doping Machine Public Domain eBooks
 - Fausts Gold Inside The East German Doping Machine eBook Subscription Services
 - Fausts Gold Inside The East German Doping Machine Budget-Friendly Options
6. Navigating Fausts Gold Inside The East German Doping Machine eBook Formats
 - ePub, PDF, MOBI, and More
 - Fausts Gold Inside The East German Doping Machine Compatibility with Devices
 - Fausts Gold Inside The East German Doping Machine Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fausts Gold Inside The East German Doping Machine
 - Highlighting and Note-Taking Fausts Gold Inside The East German Doping Machine
 - Interactive Elements Fausts Gold Inside The East German Doping Machine
8. Staying Engaged with Fausts Gold Inside The East German Doping Machine
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fausts Gold Inside The East German Doping Machine
9. Balancing eBooks and Physical Books Fausts Gold Inside The East German Doping Machine
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fausts Gold Inside The East German Doping Machine
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Fausts Gold Inside The East German Doping Machine
 - Setting Reading Goals Fausts Gold Inside The East German Doping Machine
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Fausts Gold Inside The East German Doping Machine
 - Fact-Checking eBook Content of Fausts Gold Inside The East German Doping Machine
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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