

any reason—to take a class, attend graduation, get married—she must fax the authorities an updated schedule. Armed with knowledge of her location, a stranger is entitled to show up without warning at any time and force her to urinate while they watch. The only concession to modesty is that, like Holden, the watcher is a woman.

Consider: What exactly has Mari Holden done to deserve such an invasion of her privacy? She is not a convicted criminal. She is not under house arrest or on parole. Instead, Holden is a top cyclist, an Olympic athlete. In 2000, Holden won the silver medal in the times trials at the Sydney Olympics. That same year, she also won the world time trial championship. She was a U.S. cycling champion six times. The regime described above is how the U.S. Anti-Doping Agency conducts its “out-of-competition” antidoping testing program. (During competition, Holden and her fellow athletes are notified and given 60 minutes to present themselves for testing at a Doping Control Station.) If Holden had won gold instead of silver at the Sydney Olympics, she would be tested even more often; the higher the athlete’s ranking, the more frequent the tests.

Imagine what it would be like if a similar regime were imposed outside of sports. We would have to endure testing whenever we competed—at school, at work, and, since so many of us work at least in part where we live, at home. Moreover, because the positive effects of enhancements might persist after the use of enhancements ceases, the way the performance benefits provided by certain forms of enhancements in sports do, testing would have to take place on some schedule “outside of competition”—in other words, during our private lives. Moreover, to prevent people from masking the enhancement or otherwise thwarting the analyses, the tests would have to be conducted without forewarning, which means that, as we go about our lives, the authorities would have to know where we are at all times. And remember: so long as the tests continue to employ urinalysis, which is currently the cheapest test method, it would be necessary for the specimen to be obtained under observation.

When Major League Baseball got religion and began a serious antidoping program after being threatened with severe sanctions during the 2005 Senate hearings on steroids, it quietly assigned people to watch players covertly from the time they are notified that they are to be tested until they produce a urine sample, in order to detect efforts to defeat the tests, such as by consuming large amounts of liquids to dilute

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