

Calendar of  
EventsBehrend  
Athletic  
Events

Friday, Aug. 30

Women's Volleyball  
@ Oberlin Tournament  
4:00/7:00 p.m.

Saturday, Aug. 31

Women's Volleyball  
@ Oberlin Tournament  
8:30 p.m.

Men's Soccer

Herb Lauffer Tournament  
vs. Lebanon Valley  
10:00 a.m.

Women's Soccer

Herb Lauffer Tournament  
vs. Ohio Northern  
2:00 p.m.Men's & Women's Cross  
Country@ Westminster Invitational  
10:00/10:45 a.m.

Sunday, Sep. 1

Men's Soccer  
Herb Lauffer Invitational  
Consolation Game  
10:00 a.m.  
Championship, NoonWomen's Soccer  
Herb Lauffer Invitational  
Consolation Game,  
2:00 p.m.  
Championship, 4:00 p.m.

Tuesday, Sept. 3

Women's Volleyball  
@ Thiel, 6:30 p.m.

Wednesday, Sept. 4

Women's Soccer  
vs. John Carroll, 4:00 p.m.Intramurals  
Schedule

## Tennis

Men's, Women's, & COED  
Entries Due Friday,  
Sept. 6  
Schedules Posted By 9-10

## Slow Pitch Softball

Men's, Women's, & COED  
Entries Due Friday,  
Sept. 6  
Games Begin 9-10

## Sand Volleyball

Men's, Women's, & COED  
Entries Due Friday,  
Sept. 6  
Games Begin 9-10

## Golf

Men's, Women's, & COED  
Entries Due Friday,  
Sept. 6  
Event on 9-15

## Cross Country

Men's, Women's, & COED  
Entries due Friday,  
Sept. 27  
Includes Individual and  
Team Competition  
Races begin at 6 p.m. on  
Monday, September 30

## Flag Football

Men's, Women's, & COED  
Entries due Friday,  
Oct. 4  
Games begin Oct. 85 reasons why...  
the Pittsburgh Steelers  
should go all the way

1. The New AFC North. Any division where the Cleveland Browns are predicted to finish second would be Heaven to any good franchise. The Ravens were decimated by the "Salary-Cap Monster" over the off season and are a shell of their former selves. The Bengals could have an explosive offense this season with Peter Warrick, Michael Westbrook, and... Yeah, Gus Frerotte. Looks like it will be the Bungles again this year.

2. D-E-F-E-N-S-E. The Steelers ranked first in the National Football League total defense last year and will continue this trend in the 2002 season. They should be even better this year with only three possible offensive powerhouses on the schedule. The Indianapolis Colts, Tennessee Titans, and Tampa Bay Buccaneers would be the only non-surprising losses.

3. Bill Cowher. The man with the jaw is back in the 'Burgh for another year of football. Cowher is one of the most consistent good coaches in the NFL. Cowher is arguably the best coach in the league this year. Gruden and Dungy both have similar credentials but they are in new towns, so Cowher gets the honors. Cowher has also assembled a crack staff of assistants and coordinators that meshes well with his players.

Most notable are offensive coordinator Mike Mularkey and quarterbacks coach Tom Clements, who have made Pittsburgh a premier offense.

4. No More Kris Brown! He's the Texans' problem now. While in Pittsburgh, Brown had an uncanny knack for costing games by missing 14 field goals last season. Former Kansas City Chief Todd Peterson replaces him. Peterson is an eight-year veteran who had a respectable 2001, making 27 of his 35 field goal-attempts. The question is will he be intimidated by Heinz Field's open-air end and its very unforgiving fans?

5. The Running Game. Bettis, Amos, Fu, and Kordell made for hands down the most dominating ground attack of 2001. Bettis returns but will likely miss three or four games before the season is over. His weight may be down but his age is still going up, and those hits get harder and harder. However, Amos Zereoue averaged 5.2 yards per carry last year and Chris Fuamatu-Ma'afala has the size and strength to pound it out for the three yards and a cloud of dust football that Pittsburgh loves. Oh, and by the way, that Stewart guy ran for more than 500 yards and five TD's last year, too. No Bettis, no problem.

With all that the Pittsburgh Steelers have going for them in 2002, there is one team that has a great chance of ruining their hopes. The Steelers have to be cautious not to beat themselves. With Stewart running the offense, this may be a challenge the team may not overcome.



Scott Soltis

sports editor

The 'off-season' of  
a cross country  
runnerby Scott Soltis  
sports editor

The Penn State Behrend cross country team was stellar last season and looks to be even better this fall. The two major strengths it has is youth and determination. The team is young with several freshmen, a talented group of sophomores, and some older veterans. The young core of the team is back and ready to go.

The Lions are determined to succeed, which is evidenced by their off-season work ethic. Their training regimen called for nine-day cycles with one day off. The team alternated hard days and easy days over this cycle but the word easy is a bit misleading. A typical week in cycle two would go as follows:

Day One: Long threshold run (10 miles)  
Day Two: Easy (6 miles)  
Day Three: 2 mile warm-up, 8 400 meter runs, 2 mile cool-down  
Day Four: Easy (6 miles)  
Day Five: 2 mile warm-up, 16 Hills, 2 mile cool-down  
Day Six: Easy (6 miles)  
Day Seven: 10 min. warm-up, 25 min. alternating between 1:30 at race pace and 3:30 at normal pace, then 10 min. cool-down  
Day Eight: Rest  
Day Nine: Easy (6 miles)

The excellent conditioning was apparent throughout the summer as Behrend runners ran many road races that range from 5K (3.2 Miles) to 5 Mile runs. On June 30, 2002 The 16th Annual Rolling Rock 5 Mile Run was held in Latrobe, PA. The race featured runners from Behrend's Men's and Women's Teams. Clayton Kirschner, Tim Schultheis, Brian Wheeler, and Dan Croft from the men's team all competed while Suzie Szafran and Jessica Knapp



Sophomore runner Tim Schultheis at the Annual Rolling Rock 5 Mile Run.

PHOTO COURTESY OF IPLAYOUTSIDE.COM

of the women's team ran. This was a highly contested race with more than 650 runners competing. Tim Schultheis ran a blazing 27:42 in his hometown to capture 12th overall and take third in the men ages 16-19 bracket. Clayton Kirschner finished the

## Runners

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## It doesn't take a genius to pass a steroids test

by Dave Kindred  
The Sporting News

Naturally, athletes were eager to pay for advice from Charles E. Yesalis. The Penn State professor knows steroids. He has written three books on the subject. He has testified to Congress. He has worked with the U.S. Senate Judiciary Committee, the FBI, the American Medical Association, the NFL Players Association, the U.S. Olympic Committee and the NCAA.

So athletes sought him out. Not for help in getting the drugs that are legally obtained only by prescription; anybody smart enough to buy Milk Duds can score steroids. Nor were athletes concerned about health risks; who sweats the small stuff when you believe you're bullet-proof?

They came to Yesalis in hopes of covering up the crime.

"They wanted to hire me as a consultant to make sure they don't get caught," he says.

He says he turned down the requests, once prompting an athlete to say, "Well, Chuck, I figured you were going to say that. But, you know, I would even take it off my income tax as a business expense." They shared a laugh there.

Such a world we've made. Steroids as business tools. Every home run hitter a suspect. Now we hear Major League Baseball making noises about a steroids-testing program. Though any testing is better than no testing, Yesalis says

the hard truth is that not even the most stringent program, let alone the namby-pamby deal likely to come from current talks, will eliminate steroids in baseball.

"With drug testing in place in the NFL, NBA, and every major Olympic sport, there's still a steroids problem in those leagues and federations," he says. "It would be naive to think that if baseball had a steroids-testing program, they're still not going to have a huge problem."

The problem will persist because world-class athletes and chemists generally stay a step ahead of the science posse. Or, as Yesalis has come to believe after 23 years of research: "Drug tests catch only stupid, careless and foolish people."

There are, as we know, locker rooms filled with the stupid, careless and foolish. But Yesalis draws a distinction that applies to baseball's millionaires.

"If you're talking about an elite, wealthy athlete," he says, "they'll go to people like me to make sure they don't flunk drug tests."

For Yesalis, a test by eyesight is enough: "When you see mature men who have already strength-trained for years, and all of a sudden they gain 30 pounds of lean mass, I am tremendously suspicious because that doesn't happen naturally. You don't need to be a steroid scientist to know that is incomprehensible."

Barry Bonds and Sammy Sosa, two suddenly bulky strongmen, have denied using steroids and pledged to

abide by any testing program players help devise. Many people, including borderline omniscient sports writers, have insisted that Bonds and Sosa pass a test because a simple test would end the suspicion.

No, it would not. Passing such a test can mean ...

1) The athlete doesn't use steroids.  
2) He uses steroids daily but with a masking agent.

3) He uses steroids, but all traces are flushed out of his system within two or three days.

4) He uses a steroid recipe fashioned by a designer famous for undetectable potions.

5) He used steroids as training aids two years ago, bulked up, kept buff with madman workouts and now needs a juice refill only every January.

6) He uses human growth hormone, or insulin-like growth factor I. These replicate steroid enhancement, but no test exists for them.

The question: "So a negative steroid test really proves nothing?"

Yesalis: "You are absolutely and totally correct."

As for the positive result that identifies a user, it can happen. Inexplicable things happen. Julia Roberts married Lyle Lovett. But Yesalis' experience suggests Gwyneth Paltrow will marry Britney Spears and Lil' Bow Wow in a three-way ceremony before Bonds or Sosa tests positive.

Beyond the athlete's ability to finance the test, Yesalis cites circumstantial evidence that a multibillion-

dollar industry might not identify all its cheaters:

"What franchise-making NFL superstar has ever been caught in their drug screening for performance-enhancing drugs? None. Who is the last world-famous Olympic athlete caught? Ben Johnson, 1988. ... Even with drug-testing, I believe the NFL, the NHL, the NBA and the majority of Olympic sports have the same level of drug use as is attributed to baseball."

As if to buttress Yesalis' belief, Dr. Wade Exum, for nine years the director of the U.S. Olympic Committee's drug control program, has charged in a lawsuit that the USOC has not identified or sanctioned several U.S. medal winners who tested positive for performance-enhancing drugs. The USOC denies it.

Yesalis even wonders if fans care. "Oh, yes, a lot of fans say they're bothered. I'm bothered by the fact these chemically enhanced athletes are breaking records of my idol, Mickey Mantle, where my strong belief is these clowns couldn't carry Mantle's jockstrap."

"But the important question is, 'Mr. and Mrs. Fan, are you bothered enough to turn off your television? Or not pay \$200 for an evening at Camden Yards? I think we know fans are not bothered much. If anything, given the fans' love of watching the ball go over the wall, steroids have been very, very good for baseball.'"

Yikes.  
In fact, double yikes.