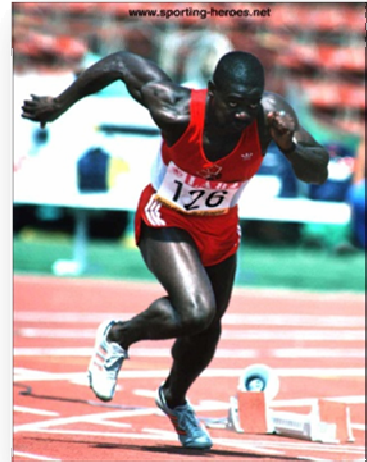


Ben Johnson

Ben Johnson is a former Canadian sprinter, who experienced a high profile career and international success in athletics, particularly, the 100 metre sprint. In the 1988 Olympic Games in Seoul, Johnson caused great controversy. In the 100 metre finals, Johnson won the gold medal, defeating his rival, Carl Lewis and lowering his own world record to 9.79 seconds. However, Johnson's urine was tested and was found to contain "stanozolol", an anabolic steroid that is a banned substance in the Games. Johnson was then disqualified. His gold medal and world record were both stripped from him and he was banned from competition for 2 years. This Olympic scandal had large effects on society at the time and tested Olympic values including fair play and non discrimination. This event was referred to by media as "Canada's Shame", due to the disgrace that Canadian's experienced. It pushed the issue of drugs in sport like nothing that had ever occurred before it.



Why Did This Incident Occur?

So why use performance enhancing drugs when such negative implications occur? Johnson's Canadian coach, Charlie Francis made it clear to Ben that "if you don't take it, you won't make it"; implying that the only way for Johnson to have success at the highest level of competition is to take performance enhancing drugs. Johnson, who trusted his coach's advice, began to take steroids on a regular basis. The intensity of Johnson's training also played a large part in his decision to use anabolic steroids. He was training for up to "40 hours a week and at least 5 hours a day".¹ The anabolic steroids Johnson used enabled his body to recover quickly after high intensity trainings, so that he could train harder in subsequent training sessions. It was also believed by Johnson and his coach that many other track athletes were also using illegal sports enhancing drugs at the time. He believed that if he did not use steroids he would not have a fair chance of winning. He stated that everyone was on "the same level playing field" and that "The person who is clean in this business is the person who doesn't make it". He believed that the "track and field" were "corrupted" as many top athletes were using sports enhancing drugs to improve their performance.

¹ <http://www.dailymail.co.uk/sport/othersports/article-1023170/EXCLUSIVE-Ben-Johnson-reveiled-drugs-cheat-history-claims-victim-American-conspiracy-Now-says-evidence-tape-Deluded-fantasi-whistleblower-decide.html>

Johnson revealed in an interview that he believed he was the victim of sabotage. In a book that was released, called "Seoul to Soul"² he informs the public that he was administered furzabol, an anabolic steroid that was not banned at the time. He suggests that his urine sample was tampered with, to test positive for stanozolol, a banned substance. Johnson says that he could not possibly have tested positive for that particular steroid since he disliked it, as it made his body "feel tight". It is debatable as to whether or not Johnson knowingly took stanozolol. A very small amount of people believe that he did not and was sabotaged. They believe that he was unfairly robbed of his gold and singled out amongst other individuals. However, this reason is very unlikely to have happened. This was also the excuse that Johnson's coach used initially, after his urine tested positive for steroids.

However other people believe that Johnson did take stanozolol knowingly and that his accusations of sabotage are false. Johnson has lied to the public before. Initially after his positive drug test, he completely denied having taken steroids. It was later revealed in the "Dubin Inquiry" (inquiry into drug use of Canadian athletes) that in the 7 years prior to the Olympic scandal, Johnson had taken anabolic steroids (including Dianabol, stanozolol and furzabol), testosterone, diuretics and human growth hormones (from human cadavers).³ Johnson's doctor informed the court that he labelled a bottle of steroids "Do not take within 28 days of competition"; however it was injected into Johnson only 26 days before the Olympic final. It was later concluded by the court that this steroid was stanozolol, an illegal sports enhancing drug. Johnson later admitted to the court that he had taken steroids and had been lying to the public. Therefore, Johnson's latest claim that he did not take stanozolol is not very convincing. Also, Angela Issainko⁴, an athlete that previously trained with Johnson outlined a theory stating that Ben Johnson was using stanozolol, contrary to what he was saying. She showed this by retesting steroids that Johnson was using at the time that he claimed were furzabol. It was found that these drugs were actually stanozolol, which explains the positive test in the Olympic finals.

I agree with this second point of view; that Johnson did not win a gold medal legitimately and that he knowingly took illegal sports enhancing drugs to improve his performance. I believe this because he has lied to the public in the past and there is much more evidence against his claims than there is supporting them. In the past, Johnson has openly admitted to doing drugs, and in front of the Dubin Inquiry, said, "I know what it's like to cheat". His fellow training partner has also provided evidence, showing that he has taken illegal steroids, even though he may deny doing so.

Personally, I think a major factor that influenced Johnson's decision to take illegal steroids was the immense amount of pressure that he experienced. He was expected by many to be the greatest runner in the world, which is an incredibly

² <http://www.steroidsources.com/Steroid-Information/2010/07/ben-johnson-still-believes-athletics-is-corrupt-dont-want-to-be-called-steroid-cheat/>

³ The Complete Book of the Olympics

⁴ <http://en.wikipedia.org/wiki/Furazabol>

large burden to carry. This feeling of pressure may have been increased by the fierce competition between Johnson and Lewis, who were the two main hopes in winning the 100 metres race. Johnson may have felt that the possibility of becoming the world's fastest was too great an achievement to leave to chance. If he won, he would gain millions of dollars worth of sponsorships and endorsements. His will to obtain such benefits may have overpowered his desire to compete fairly and to do the right thing. This may have been reinforced by Johnson's coach (Charlie Francis) and doctor, who both pushed him to take performance enhancing drugs. Johnson could have been sick of previously being beaten by Lewis and wanted to prove to everyone that he was capable of being the fastest man in the world. He obviously did not expect to get caught and decided to take the risk. This ended up being a terrible mistake and initiated the largest ever Olympic drug scandal.

How This Incident Affected Other People

The Olympic Games have an effect on a large range of people, much more than just the athletes involved.

Spectators, families, media and everyday civilians are affected by incidents such as Ben Johnson's drug scandal. Initially, after viewing the astonishing race, with the world record time of 9.79 seconds, Canadians rejoiced and were ecstatic. Canadian fans in the crowd at the time were chanting a famous quote of Johnson's,

"when the guns go off, the race be over". The media referred to Ben as "Canada's hero" and "Benfastic". This shows that overall; civilians in Canada were joyful and thrilled to hear of this victory for their nation. They had triumphed over countries such as Jamaica and America in this one of the most popular events in the Olympics. However, over the next few days, Canadians witnessed the downfall of Johnson as he was stripped of his gold medal and world record. The mood of civilians must have become very sombre and disappointed, as they discovered that their local hero had cheated to become the fastest man alive. In the first week that Johnson was stripped of his medal and record, newspapers devoted 5-8 pages a day on his story. Some plainly blamed Ben for this scandal, with headlines such as, "Why Ben?" All Canadians that were excited at Canada's victory soon became disappointed at what was sometimes referred to as "Canada's shame". This had a largely negative effect on the mood of Canadian supporters and severely dampened their spirits, resulting in a gloomier society.



This incident also affected and shocked spectators of this event. Athletes had been caught using performance enhancing drugs many times before this incident, but an athlete at the very peak of competition had hardly ever been convicted of using illegal steroids. It therefore came as a huge shock to most observers that Ben Johnson had used illegal anabolic steroids. Many people were devastated including his family, his country, people that saw him as a role model and of course, Johnson himself. These people would have probably lost their admiration for their sporting hero or even their faith in the Olympic spirit. This gave members of the public a controversial topic to talk to others about and also raised the important issue of the use of drugs in sport.

“Drugs in Sport” and “The Possibility of Unfair Treatment”

This incident involving Ben Johnson highlighted the important issue of the regulation of drugs in sport. It raised awareness, which initiated an investigation into not only Johnson's drug use, but all Canadian athletes. This inquiry revealed the widespread drug abuse in professional sport. Although Johnson was the 43rd Olympic athlete to be disqualified due to drugs, he was the first “major” athlete to be caught. This incident was broadcasted to the public through every kind of media and was very controversial and shocking at the time. It raised concerns and debate over drugs in sports, as one of the greatest athletes at the time was caught “doping”. It is essential that drug use in competitive sports (at the higher levels of competition) must be regulated by consistent urine or blood tests. This is to ensure that every athlete is competing on an even playing field, so that no athletes have an unfair advantage over the others. Johnson justified his drug use by saying that “everyone was on the same level playing field”, meaning he believed he was doing what everyone else was to maximise performance. He believed the track and field were “corrupt”, as many competitors were using drugs. It is therefore vital that all athletes should be tested to ensure there is no illegal drug use, and any athletes caught cheating should be disqualified immediately. This ensures that fewer athletes will use performance enhancing drugs as they realise they are at a much higher risk of being caught and being disqualified.

An even playing field is not the only reason for banning certain drugs in Olympic sports. The majority of performance enhancing drugs have negative effects on the health of individuals. Men using steroids can develop breasts, baldness, shrunken testicles and even infertility. Women using steroids may experience baldness, a deepening of the voice and an increase in body hair. In general, steroid use can increase the risk of high cholesterol levels, aggressive behaviour, psychiatric disorders, tumours, liver problems and many other issues⁵. It is therefore important for the use of drugs in competitive sport to be banned. This will help to discourage the use of them in a wider context in our society; hence the overall health of individuals in society will be improved. By 1988, society had begun to love and enjoy the

⁵ http://www.ehow.com/list_5784122_health-risks-performance-enhancing-drugs.html

Olympic Games; however this incident would have impacted on this and shook many people, as it goes against Olympic values including fair play and equality.

This incident involving Ben Johnson was related to another issue occurring in society at the time. It was speculated that certain organisers were protecting American track athletes and giving them special treatment compared to other foreign athletes. Athletes from other countries, such as Johnson from Canada attracted all of the negative attention, for example for "doping". However American athletes were protected from negative publicity, as it was revealed later. Almost 15 years later, it was discovered that several (more than 100) American track athletes had tested positive for drugs leading up to the Seoul Olympic Games. According to international rules at the time, these athletes should not have been allowed to compete in the Seoul Games. Allegedly among them was Carl Lewis, who was beaten by Johnson, then accused Johnson of using anabolic steroids, and then was awarded the gold medal. Lewis failed 3 different drug tests during the Olympic trials. People believed that American athletes were being unfairly protected because Americans had an immense level of power in the Olympic circle. Johnson had suggested this himself, as he believed he was being unfairly singled out and that many other athletes' positive drug tests were ignored.

Who Was Advantaged?

This incident had an overall negative effect on millions of people; few people were advantaged by the revelation of Johnson's drug abuse. The gold medal that Johnson lost went to Carl Lewis, his competitive rival, raising Lewis's career total to 6 gold medals and one silver. Lewis was advantaged by the revelation of Johnson's drug use, as he claimed the first place that he fairly deserved, as he did compete fairly without breaking any rules. Also, all of the other competitors would have benefited from Johnson's disqualification, as their placings would all be 1 place higher than if he was not caught. For example, the athlete that would have come 4th, ended up coming 3rd and received a bronze medal. Therefore they all got the fair placing that they deserved, and fairness is an important aspect held valuable by the Olympic Games.

The person that would be believed to be the most disadvantaged would be Ben Johnson. However, he has, in a way, been advantaged by being caught using illegal performance enhancing drugs. In being disqualified and banned for 2 years due to his use of steroids, Johnson would have learnt an incredibly vital lesson of the implications of using steroids. This would have been a wakeup call to highlight to Johnson that he could never be successful by cheating. This should have stopped Johnson's steroid use considerably (however he had to relearn his lesson as he was later banned for life for using illegal steroids again). The removal of steroid use from Johnson's life would have many positive impacts on his physical and mental wellbeing. He would not suffer any of the negative implications previously stated that are caused by performance enhancing drugs. After this incident occurred, Johnson said to a reporter, "My health is the most important thing. If I keep taking

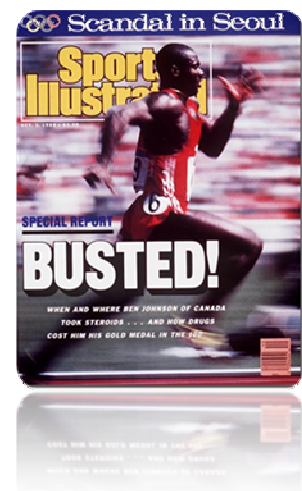
steroids, I could have side effects with my liver". Therefore, as Johnson has been forced to stop using steroids, he will benefit both physically and emotionally, even though his emotional wellbeing may have been negatively affected due to the shame and disgrace of being caught cheating in front of millions of people. If Johnson had not been caught using steroids, he may have begun to believe that he could get away with cheating the system and use drugs to further improve his performance. This will result in larger and graver consequences, on his physical and overall wellbeing.

The media benefited from this shocking and scandalous incident. All forms of media (including the newspapers, magazines, radio and television) competed against each other to broadcast the ongoing events and information to the public. The public was very interested in this drug scandal as this was the first time such a famous athlete had been caught “doping”. As the public desperately tried to keep informed, the media worked hard to supply information. It gained a substantial profit as citizens purchased magazines and newspapers to fuel their curiosity. They had much to write about and this incident was gripping and shocking to the public, hence articles sold rapidly. Because of this, the “Canadian News Agency” named Johnson as the “Newsmaker of the Year”. Media businesses received a larger income due to more sales, hence they were advantaged.

This controversial incident did help to expose athletics and the Olympic Games to the public. This publicity was mainly negative, but it still brought controversial topics for people to talk about which helped to raise the general public's interest in sports such as athletics. The issue of drugs in sports was also highlighted by this incident, which raised awareness so that the Olympic Committee could better prepare for similar cases in the future. The Olympic Committee benefited as they gained awareness and insight on an important issue that is constantly relevant. They also had and will continue to demonstrate to the public their strong values of fair play and equality.

Who Was Disadvantaged?

This incident was a terrible tragedy for Ben Johnson. He was obviously one of the most disadvantaged individuals that were affected by this drug scandal. In the end, it was his choice to use illegal performance enhancing drugs, and in turn, he lost many things as a consequence. He lost what he had worked towards for a large portion of his life; his dream of getting the title of the fastest man in the world, as well as the Olympic gold medal and world record. Because of his breach of the Olympic rules, Johnson's medal, world record and title were stripped from him permanently. . Because of this, Johnson's dream had been crushed and he lost what he had been working towards for most of his life. Because Johnson did a very dishonest and untrustworthy thing, he also lost his image as a sporting hero and the trust of the public . The public



no longer trusted or looked up to him, and saw him as a cheat instead of a superb athlete. Because of his damaged image due to this disastrous event, Johnson lost millions of dollars of sponsorship from his sponsors, as they no longer wished to be associated with him due to his unsatisfactory image. Johnson was also banned from participating in competition for 2 years. He never experienced success after his 2 year ban and was eventually banned for life after being tested positive for drugs in a later event. After this, Johnson has been moving from job to job and has lived on a low income. Personally, I thought that Johnson would have learnt from his mistake the first time, yet he obviously did not. All of these disadvantages that Johnson experienced were due to his own mistakes and actions. They all happened because he foolishly decided to cheat, go against the Olympic value of fair play and attempt to get away with it.

Throughout his career, Johnson had many sponsors that paid him money to exploit his fame and positive image. When he initially finished the race first, achieving a world record, sponsors gloated and made plans to improve their sales by exploiting his success. They signed deals with him before the drug scandal and in some cases, paid him money beforehand. Their sales should have been boosted, as they let everyone know they endorsed in Ben Johnson, which increases the amount of people buying products, as many people wish to use products endorsed by famous, successful Olympic champions. However, as already mentioned, Johnson's reputation was severely damaged by the drug incident. Members of the public no longer saw Johnson as a successful or trustworthy person or an Olympic champion. The appeal for products endorsed by Johnson therefore decreased, as they would have become less desirable. Therefore fewer products from endorsing companies would be sold, therefore sponsors lose income, and hence they were financially disadvantaged.

Ben Johnson's reputation was not the only one that was damaged. Two people that were also heavily affected by this incident were Johnson's coach (Charlie Francis) and his Doctor (Jamie Astaphan). These two professional people were major influences in Johnson's decision to take illegal drugs. Francis encouraged Johnson to take the drugs as he believed that "everyone was doing it" and wished to even the playing field and improve Johnson's chances of international success. Jamie Astaphan administered many illegal sports enhancing drugs to Johnson that were responsible for this incident and the positive drug test at the Olympics. Both of these individuals shared some of the blame for Johnson's drug scandal, as they both were aware of Johnson's illegal actions and did nothing to stop him. They both actually helped him to cheat his way to the top. They both would have lost respect from their professional colleagues, especially Astaphan (the doctor). They are both disadvantaged by this event as their careers would have been negatively affected due to the loss of respect and trust from fellow colleagues. Because of his inappropriate use of drugs in sport, Dr. Astaphan was found guilty of professional misconduct and was banned from medical practise for 18 months and charged \$5000. This event seriously disadvantaged him as his whole career that he had been

working towards had been disrupted and he had been negatively affected financially. Charlie Francis was slightly better off and continues to coach athletes today. His professional reputation is still damaged within the coaching society and he will still always be known for his association with one of the greatest sporting cheats of all time.

Canadians were also disadvantaged by this incident, including the Canadian government, citizens and the Canadian Olympic athletes. Previously Ben Johnson was described by media in his country as their "national treasure" as he was their biggest hope in winning a gold medal on the Olympic international stage. He had the admiration, trust and loyalty of his nation; young children admired him and young athletes aspired to be like him. Once these people who idolised Johnson discovered that he was under the influence of illegal steroids, their trust and loyalty in him would have been broken. They would have lost their faith in him, in other athletes and also lost their trust for the Canadian Olympic Committee. The Canadians lost a national icon and a sporting hero. Canada was shamed by this incident, and was often thought of as the country where Ben Johnson, the athlete who cheated his way to success, came from. A gold medal win in the 100 metres final would have had a positive effect on the economy in Canada, as the country would make more profit. This is because more people would be attracted to Canada. However due to the drug scandal with Johnson, Canada's reputation was damaged, therefore less people would be attracted to that country. Therefore the economy within Canada would have either been negatively affected; otherwise it missed a valuable opportunity to be boosted. This incident may have affected the political ties between Canada and other countries, particularly USA (Carl Lewis's home country). Political tension could have been created by this incident in a number of ways. The Americans may have been displeased and angered that Lewis was unfairly robbed of being awarded the Gold medal at the ceremony, as well as the national anthem being played. They may have been disappointed that the Canadian Olympic Committee did not catch Johnson using illegal drugs earlier. However, the Canadian government would have also been angered at the discrimination against their athletes, as their athletes were singled out amongst others. Overall, this would cause conflicts, severing political ties between the countries, hence both will be disadvantaged.

Although the other competitors in Johnson's race were advantaged by gaining the places that they truly deserved, they were also slightly disadvantaged. These athletes never got the chance to fully receive their appropriate medals that they fairly won in the awards ceremony. They did not get to fully experience the immense pride of doing their absolute best and winning for their country. Carl Lewis never received a gold medal in the ceremony and never heard his country's national anthem. The unfortunate individual who fairly came 3rd did not even get to experience the medal ceremony or get to stand on the podium and receive his medal. These athletes lost a once in a lifetime opportunity to receive their appropriate medals on the world stage.

Finally, the IOC (International Olympic Committee) was incredibly disadvantaged by this incident. Running the Olympics, the world's largest organised event is already an extremely challenging task. There are numerous events occurring at once, with thousands of people that speak different languages and come from different cultures. The added stress of a large doping case such as Ben Johnson's would have disadvantaged the Olympic Committee severely. ▲ larger workload was added on top of an already difficult task. Extra time and effort would be spent in managing the outcome of this drug abuse exposure; to organise events such as media conferences, press conferences and investigations that were run fairly to provide equality and fairness to all that were involved. ▲ All of this had to be done as well as dealing with the Canadian Embassy and making sure that Ben Johnson was kept safe, while also informing the public of what was happening. This wasted time, energy and money which could be used more productively in organising other aspects of the Olympic Games that were more important and were unavoidable. Therefore the International Olympic Committee was severely disadvantaged by this incident because of the added workload, which resulted in a loss of time, money and energy.

Problems and Conflicts Caused By This Incident

This incident was predominantly negative and caused problems and conflicts between certain people. The major and most obvious conflict that was a result of this incident was between Ben Johnson and Carl Lewis. Johnson robbed Lewis of his potential glory that he could have had after winning. Ben raced unfairly in order to succeed, which was a dishonest and incredibly inconsiderate decision to make. These two rival athletes obviously had a tense and conflicting relationship, with fierce competition between one another. During and after this incident, both athletes were looking to damage the other's reputation. It was Lewis who first spoke publicly of his suspicion of Johnson's illegal drug use. Johnson also spoke out; saying that he believed Lewis was favoured and was also competing unfairly, as he too had failed multiple drug tests in the past. Both of these men conflicted with each other and both have cheated in their path to success - However Johnson was the only one to during the Olympic Games. In the end, it was Johnson who lost all that he had worked for, and Lewis triumphed in claiming what was fairly his - The gold medal in the 100 metre finals.

▲ large amount of tension between Canadian athletes was also created by Johnson's drug scandal. This was caused by influences such as the Dublin Inquiry that occurred as a result of Johnson being caught. This inquiry into the drug use of all Canadian athletes resulted in over 90 days of questioning trials, where many Canadian athletes were caught using illegal sports enhancing drugs. Naturally, Canadian athletes were stressed and worried, as they were all under constant suspicion of drug use. There were also the opposing views of whether or not these

athletes should support Johnson. Some thought it was right to defend Johnson, as he is from their country, regardless of his past mistakes. Others believed that all that he was getting (the constant pressure from media, disqualification and damaged reputation) was a fair consequence for his decision to cheat. These opposing views portrayed different behaviours; some Canadian athletes may have decided to defend him when talking to the media and others may have decided to disregard him as a dishonest cheat, as much of society already had. This may have damaged relationships between Canadian athletes with opposing views, resulting in conflicts between them.

The relationship and political ties between America and Canada may have also been harmed due to this incident. As already explained, political tension could have been created by this event in a number of ways. This is because of the opposing views experienced by Canada and America. Americans would have tended to view Johnson as a cheat, and may have blamed this on the Canadian government, who did nothing to prevent this earlier. They may have gained a negative image of Canada as a cheating nation, due to this unfairly representative incident. However Canadians would have been angered at this unfair discrimination and singling out of their athletes and the unfair protection of certain American athletes from drug bans. These two opposing views would have created conflict between the Americans and Canadians, hence damaging their relationship.

Ben Johnson was a role model to many athletes, and this incident would have caused 2 major problems because of this. Some aspiring athletes that looked up to Johnson would have been devastated by this drug scandal and would have lost faith in Johnson, in other athletes and possibly even in athletics as a whole. This loss of faith would have caused a loss in enjoyment for the sport and athletes that once admired Johnson would have no longer looked up to him. The opposite thing could also happen; since Johnson is a role model to many athletes, many may wish to be like him to achieve the same success that he achieved. As Johnson was caught using steroids, athletes saw that performance enhancing drugs could significantly improve performance. This would have encouraged some athletes (who still foolishly idolised Johnson) to use drugs, which would have negatively affected the sporting world. The Olympic Committee would have therefore had to carry out many more tests to catch the growing number of drug users. This is unacceptable, as Johnson was a very famous athlete and should have been a much better role model to those who admired him. He should have competed in the Olympics with fairness and respect, by training hard and not taking the easy way.

Changes That Occurred Due To This Incident

This whole drug scandal was broadcasted on every kind of media, which informed the general public of the previously "hidden" drug use within the sporting world. It was not considered a large issue by most civilians beforehand because only minor

athletes had been caught. Johnson was the first "big fish" to get caught and therefore placed a large amount of spotlight on drugs in sport.

The major change in society that this incident caused was the increased awareness of drug use in sport. Ben Johnson was one of the very best athletes and was also incredibly famous. Everyone found the positive drug test to be shocking, which therefore heightened their awareness of the illegal use of performance enhancing drugs. A variety of individuals, including other athletes, coaches, Olympic officials and spectators learnt the benefits (improved performance) and harms (disqualification) of using illegal drugs. This was negative, as some athletes would decide to use performance enhancing drugs to succeed as they saw the increased performance that Johnson experienced. However, it was more positive than negative, as it informed these individuals the dangers of using illegal performance enhancing drugs, as Ben Johnson lost almost everything due to his steroid use. This could have discouraged spectators to use performance enhancing drugs, as it is clearly not worth the risk of losing all that you have worked for many years for.

The Olympic Committee was also made much more aware of the issue of drug use by professional athletes. Drug prevention and detection must have been improved in the Olympics and other sporting events to avoid similar incidents. The Olympic Committee had to enforce stricter rules and testing procedures to catch those who attempted to cheat the system. In the present, there is a much lower tolerance for drug use by any athlete, regardless of whether they win or not. Random drug tests are performed on any athlete competing in some sports. This shows that performance enhancing drugs are absolutely not tolerated at all in the sporting world anymore. The World Anti-Doping Association was created in response to the incredibly large amount of positive drug tests in the 1988 Olympic Games. It worked together with other organisations to prevent and detect illegal sports enhancing drugs being used by professional athletes. Johnson's case had a large influence on the creation of this organisation. His drugs scandal helped to cause changes that are still experienced in our world today, such as the raised awareness of the public of steroid use, and the more efficient detection and prevention of drug use in sports. I believe that the Olympic Games have been positively changed in the long run because of this incident. There are now stricter procedures that are used to prevent illegal drug use. This helps to ensure that every athlete has a fair chance in achieving success.

How This Incident Relates to Goal of the Olympic Movement

The goal of the Olympic movement is to "contribute to building a peaceful and better world by educating youth through sport practised without discrimination." It requires a



spirit of "friendship, unity and fair play". Johnson's actions completely contradicted this statement in many different ways. Firstly, and most obviously, he broke the major rule concerning the use of performance enhancing drugs. This shows lack of fair play, as he competed dishonestly, giving himself an extremely unfair advantage against the other athletes. This was incredibly inconsiderate of the other athletes who had trained incredibly hard, without breaking any rules. This disregard for the Olympic rules goes completely against the Olympic spirit of fair play. The relationship between Johnson and Lewis was also damaged, due to their reactions after this incident occurred. Lewis naturally felt angry towards Johnson, as Johnson had competed unfairly, and had given himself an unfair advantage over Lewis. Johnson also felt negatively towards Lewis, as he may have felt that he was unfairly robbed of his medal and title. Both of these athletes were disadvantaged by this incident and had both lost significant things. The easiest people to blame for this disaster would have been each other. This would have resulted in a damaged relationship between Johnson and Lewis. They had always been extremely competitive rivals that showed very little friendliness to each other. Any mutual respect and friendship between these athletes would have been lost between them. This contradicts the spirit of the Olympic movement further, as "friendship and unity" are vital aspects that these 2 athletes have lacked, shown by their actions in this incident.

The actions of Ben Johnson completely went against the first statement of the goal of the Olympic Movement;" to contribute to building a peaceful and better world". His actions were much more likely to have done the opposite, having a negative effect on society. At the time Johnson was a major influence, as he was one of the most famous athletes at the Olympics. He was a role model to many, and when it was revealed that he had illegally used steroids, he would have set a terrible example for aspiring athletes. He was a negative role model, and many in society were disadvantaged due to his foolish action of taking illegal performance enhancing drugs. Many lost a role model, and Canadians were especially negatively affected. Their reputation was damaged and they lost their hope of success on the international stage. Conflicts arose between different countries, debating over issues such as the use of drugs with Canadian athletes and the cover up of the drug use in American sports. Overall the effects of Johnson's actions were opposite to "building a peaceful and better world", therefore the goal was once again contradicted.

This drug scandal also related to the Olympic goal as it was "educating youth through sport". In a way, this was both positive and negative. Negatively, Johnson's actions were broadcasted to the young and influential youth through every kind of media. Johnson acted as a terrible role model and was especially inspiring to young athletes who dreamed of achieving his success one day. His actions educated the youth in a negative way, as he showed them that steroids can be used to improve sporting performance, making you bigger, faster and stronger. Some may have followed Johnson foolishly in using drugs to improve performance. Therefore, Johnson's actions contradicted the goal of the Olympic movement. However,

positively, the actions of the International Olympic Committee and Carl Lewis influenced youth in a positive way. The Olympic Committee rightly disqualified Johnson, ripping his title and medal off of him. This educated the youth that cheaters do not prosper, encouraging them to always compete fairly. Carl Lewis competed fairly in the Olympic Games (but not necessarily before hand), and rightly got his gold medal and title, which he fairly deserved. The actions of the Olympic Committee and Lewis helped to educate viewers that it is not worth the risk in cheating in any sport, as you will lose all that you worked towards, as what happened in Johnson's case. I believe that competitors only deserve to win any medal; they must compete in the spirit of the Olympic Game, and perform to the best of their own natural ability.

How This Incident Relates to Olympism. What Could Have Been Done to Transform This Incident so that it Could be Used to Promote the Goal of the Olympic Movement or Aspects of Olympism?

Olympism is the promotion of a way of life based on :

- The joy found in effort
- Balanced development of the body, will and mind
- And respect for universal ethics including friendship, unity and respect for other people



This incident related to most of these aspects of Olympism. Obviously, Johnson did not have respect for universal ethics, as he decided to cheat. This displayed a complete lack of respect for the rules and to other competitors. It was an inconsiderate decision, as he placed an extremely unfair advantage over himself that the other athletes did not have. They did not have a fair chance of fairly winning the title and medal, as Johnson did not allow it, showing a lack of respect for the other competitors. He also harmed friendships and unity between himself and other athletes, which is completely against Olympism and opposed the goal of the Olympic movement. The fact that Johnson used performance enhancing drugs meant that he took shortcuts to be the best. He was not naturally the fastest man as his muscles were artificially developed (not naturally). This means that he did not develop his body, will and mind in a fair or balanced way, contradicting another aspect of Olympism. He obviously put a large amount of effort into being the very best, and must have found joy in it to remain motivated; however all of this hard effort would have been undone due to his foolish cheating. The fact that Johnson cheated to be so successful contrasts to the other competitors in his race, who all competed fairly (during the Olympics). They all reflected positively the aspects of Olympism, as they all had respect for universal ethics and competed fairly and with respect. They also must have found joy in the effort in fighting to be the best in the

world. Even though all of them did not receive a medal, they should still feel extremely proud of competing with the best runners in the world and coming so close to victory. This is reflected in the Olympic Creed, in which it states that the "most important thing is not to win, but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered but to have fought well". This quote is reflected by the actions of the competitors in this 100m final. Johnson fought unfairly and dishonestly, while Lewis fought fairly and truthfully. In the end, Lewis prevailed, as he fairly deserved to.

Few things could have been done to promote or reflect the goal of the Olympic movement and aspects of Olympism. This incident was mainly negative and mostly contradicted the goal of the Olympic movement. However, the disqualification of Johnson by the Olympic Committee was a positive step in reflecting the goal of the Olympics. It showed that the Olympic Committee had no tolerance for unfair play or cheating. It also portrayed their interest in treating every player fairly and without discrimination, which is also an important aspect of their goal. The disqualification showed that the Olympic Committee was working to discourage lack of universal respect and illegal steroid and drug use. Overall, this action helped to reinforce Olympism and the goal of the Olympic movement.

After this event occurred, Johnson could have also helped to reinforce the goal of the Olympic movement and the important values of fair play and respect. He could have done this by communicating to the public his remorse for using illegal performance enhancing drugs. Also he could have talked about the terrible consequences, and why people should not cheat and use banned steroids. He could have highlighted the importance of competing fairly and respecting other competitors, as well as respecting the rules. Johnson could have communicated these ideas to society through any form of the media, including magazine, newspaper or even a TV interview. All of these forms of media would have been delighted to interview Ben Johnson. Johnson talking about the negative implications of using illegal steroids would have helped to discourage viewers from cheating and going against aspects of Olympism. This would have helped to promote the goal of the Olympic movement, as well as some aspects of Olympism.

The spotlight from the media could have also been moved from the negative aspects of this incident (Ben Johnson's illegal drug cheating) to the more positive aspects (the Olympic Committee's decision to disqualify and the legitimate win of Carl Lewis). Unfortunately, the public would have been more interested in the fall of Ben Johnson than the astounding display of effort, fair play and respect shown by the other athletes. Instead of focussing on the dishonest act caused by Ben Johnson, more positive actions could have been highlighted. There were some positive actions in this incident that reinforced the goal of the Olympic movement and Olympism, such as the quick and decisive action taken by the Olympic Committee to disqualify Johnson, free of discrimination. Also, according to my research, all of the other competitors in this race competed with fair play and honesty, which may have been taken for granted by the media. Therefore, there

are much more things that the media could have focused on and portrayed to further reinforce the goal of the Olympic movement and aspects of Olympism (including respect and non discrimination).

How to Promote Sports Ethics in Your Own Sporting Environments.

To promote positive sports ethics in our own sporting environments, it is vital to have carefully considered rules that are enforced well. This applies to all sporting environments, whether it is in the Olympics, or in Physical Education in school. It is important to enforce these rules, by efficiently catching whoever is breaking them. If people can get away with breaking the rules, they will know that they can get away with it and will likely do it again. Therefore, they must be caught and appropriately punished so that they will never do that again. This helps to promote positive sports ethics as players will gain a respect for the rules, and are much more likely to stick with them. Overall, this will result in a much more positive sporting environment. This action is performed well in the Olympics today, with very reliable drug tests that catch many athletes that attempt to cheat. This can be applied in all sporting situations to ensure that athletes compete with fair play and respect.

▲ vital aspect of sport in the present today is the value of participation. This is often undervalued in sports; more athletes are obsessed with winning than actually competing to the best of their abilities. Some are obsessed so much with winning that this obsession causes them to disregard rules and to disrespect other athletes. This was the case in Ben Johnson's doping incident. This is why I believe it is important to encourage all athletes (especially those at a younger, impressionable age) that winning is not everything and doing the best of your natural abilities is the most important thing. Winning is still important in sports and always will be, however participation and other aspects including passion, determination and respect are just as important (possibly even more important). This applies to our day to day lives also. People are not always going to triumph in their endeavours; however they should always attempt to do their best with honesty, respect and passion. Education of youth of the importance of fair play, respect and honesty is vital to produce respectable role models in the sporting world for the future. One day these youths will be the role models of younger generations, who will look up to them. Unfortunately, in Johnson's case, he was a terrible role model, possibly due to lack of education of sporting ethics and also to the negative advice from his coach; Charlie Francis. It is therefore vital to not only educate youth in sports ethics, but also the coaches. The coaches have an extremely large impression on their athletes. This is shown in my research, as I found that it was mostly Johnson's coach who pushed him to use illegal steroids. If coaches are educated on matters concerning drugs, medicine and fair play, they would be much more aware of what would be acceptable and what would not. They would be much more aware of the risks of using illegal performance enhancing drugs, which would very likely discourage them. Once the coach is aware of these issues, they can educate the athlete and

therefore help them to make an informed and acceptable decision. If this occurred with Francis (Johnson's coach) their decision to take steroids may have been different.

