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Barry Bonds, BALCO, and
the STEROIDS SCANDAL that
Rocked Professional Sports

GAME OF SHADOWS

MARK FAINARU-WADA AND LANCE WILLIAMS

"Devastating... Groundbreaking...
Necessary reading."

—Michiko Kakutani, *The New York Times*

BONDS



With a New Afterword by the Authors on the 2006 Season

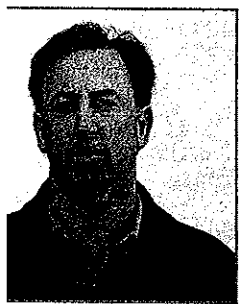
GAME OF SHADOWS

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Mark Fainaru-Wada
and
Lance Williams



GOTHAM BOOKS



Ercel Mangin Photo

Lance Williams are investigative
Chronicle. Fainaru-Wada and
excellence in Sports Journal-
ward, and the Edgar A. Poe
ive in San Francisco.

differentiate between natural testosterone and synthetic testosterone in an athlete's body. Normally, epi and testosterone occurred in about a 1:1 ratio. So, a threshold was set—a loose one at that—in which an athlete whose ratio exceeded 6:1 would be considered to be doping. Conte's Cream helped the athlete maintain a normal ratio, and it concealed what otherwise would be a telltale sign of the use of an undetectable steroid: an abnormally low testosterone level. When a person takes steroids, the body stops producing testosterone to the point that it can bottom out at zero. A zero level would set off red flags for drug testers, but The Cream elevated testosterone enough to avoid suspicion.

Conte created a simple "alphabet" shorthand for his drugs—for example, "E" for EPO, "G" for growth hormone, "I" for insulin—to be used on calendars he and the athletes kept. The calendars would list when athletes were scheduled to take which drugs, and they also indicated the dates of competitions so that the drugs' effects would be peaking at the right time. Conte also kept a ledger that detailed both the types of drugs athletes were using, as well as the results of blood and urine tests conducted on the athletes and their T/E ratios. Conte engaged in this "pretesting" to make sure his athletes would pass drug tests.

It was elaborate and systematic, and to Steven Ungerleider, an Oregon psychologist and doping expert, it was hauntingly familiar. After the Iron Curtain fell, Ungerleider had spent months in formerly Communist East Germany studying the records of the defunct regime's athletic doping program. The result was his 2001 book *Faust's Gold*, the definitive account of the GDR doping machine.

The more Ungerleider learned about Conte's program, the more familiar it sounded. "I'm absolutely convinced he stole many pages from the GDR handbook," says Ungerleider, noting the careful planning to stay under the 6:1 threshold, the calendars, and the pretesting. "Victor obviously took it to another level."

With his system in place and the array of drugs readily available, Conte was certain he could be a major player at the 2000 games in Sydney if only he could insinuate himself into the company of the latest generation of Olympians. He just needed someone to make the introductions.

Chapter 7

He was an unlikely agent for the transform into the greatest hitter who ever lived: a man who was at once unknown, unstrapped. In 1998, Greg Anderson, Bonds's weight as a personal trainer at the World Gym in Burlingame International Airport. The gym was hard-core bodybuilders. It was known as a place where steroids out of the trunks of their cars. Anderson a day in the warehouse-like structure, amidst the grunts and yells, and the spray of sweat. At work, he wore a long-sleeved sweatshirt that covered his heavily concealed just how much muscle he had packed into his 6-foot, 225-pound frame. With the sweatshirt off, he was a "Russian weight lifter," said a trainer who encountered him.

Anderson would train anyone who expressed an interest in bodybuilding. He was a school kid intent on getting their varsity letter. He was infatuated, as he was, with power lifting. He earned barely enough from them to support his young son and have money left over for a shared apartment. Barry Bonds said Anderson sometimes he lived in his truck.

Anderson spoke in a surfer-dude patois that seemed incongruous in so imposing a manner, and when he chose he could excise the profanity from his normal conversation and make soft conversation required, he could be deferential and approach life with a calm, expect-the-best attitude.

Acknowledgments

Game of Shadows began as our project on the investigative reporting team at the *San Francisco Chronicle*. We are indebted to our newspaper for supporting our efforts to learn the truth about BALCO, and for making it possible for us to write a book. We owe particular thanks to Investigative Editor Steve Cook, who recognized the potential of the BALCO story and guided our pursuit of it. We also are especially grateful to *Chronicle* Executive Editor Phil Bronstein. His interest in the story was important to our success, and his support was crucial at a time when we were resisting the efforts of the federal prosecutor to compel us to reveal the identity of our sources.

We also received important help from Sports Editor Glenn Schwarz, who assisted in directing our coverage and ensured that his department was ready to help. In addition, we valued the ongoing support of Deputy Managing Editor Stephen R. Proctor, Deputy Editor Narda Zacchino, and Managing Editor Robert Rosenthal. At Hearst Corporation, we appreciated the guidance of General Counsel Eve Burton and Senior Counsel Jonathan Donnellan, our advocates in the dispute over our sources.

Our coverage of BALCO benefited considerably from the help of several colleagues: on the *Chronicle's* investigative team, Elizabeth Fernández and Seth Rosenfeld; and in the sports department, John Crumacker, Gwen Knapp, Ron Kroichick, and John Shea. We owe particular thanks to Giants beat writer Henry Schulman. *Chronicle* photographers Darryl Bush, Deanne Fitzmaurice, Kurt Rogers, Chris Hardy, Paul Chinn, Frederic Larson, and Mark Costantini did a superb job documenting BALCO and Bonds, and the *Chronicle* was

STEIN BOOK
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stein, Professor of Journalism and Director of the Mass
ns Program at the University of California-Berkeley,
script a careful read and made important suggestions
to thank our friend Roger Myers, attorney with DLA
Gray Cary US LLP.
teful to William Shinker, publisher at Gotham Books,
n us and providing encouragement. The manuscript
iderably from the smart edit of our collegial editor
.. And our book might never have been written at all
rts of our enterprising agent, Scott Waxman of the Scott
y; thanks, also, to Farley Chase of Scott's firm.
ole were generous with their time and assistance. We
uld like to thank Kimberly Bell; Jonathan Littman; Tom
; Tygart, Larry Bowers, and Bill Bock of USADA; Dan
oline Hatton at the UCLA lab; Randy Huntington; and
rnwell, Mike Rains, Brian Getz, Paula Canny, Bob
ian, Rick Collins, and Howard Jacobs; Mark Lessler
r. Steven Ungerleider, Dr. Gary Wadler, and profes-
experts who never seemed annoyed at our repeated calls

generous in allowing us to reproduce their work here. Thanks to Gary Fong, Director of Editorial Graphics Technology, for his assistance. For additional photographs, we would like to thank: The Alaska Goldpanners and Todd Dennis of goldpanners.com, for the photo of the young Barry Bonds; David Marasco, baseball blogger at thediamondangle.com, for his Giambi photo; and San Francisco Bay Area sports photographer Brad Mangin for his action shots of Bonds, Jason Giambi, and Gary Sheffield, and for the back jacket photo.

Throughout BALCO, we benefited from the assistance of Patty Hoyt, the *Chronicle's* director of media public relations, and her staff: Yung Ahn, Kay Phan and Esther Ingraio; we also are thankful for the *Chronicle* library, especially librarian Lois Jermyn.

Washington Post foreign correspondent Steve Fainaru played a critical role in our project. Steve, Mark's older brother, wrote the initial draft of what became our proposal for a BALCO book. He also offered considerable editing and guidance throughout the entire process, even as he dodged mortar shells in Iraq.

Tom Goldstein, Professor of Journalism and Director of the Mass Communications Program at the University of California–Berkeley, gave our manuscript a careful read and made important suggestions. We'd also like to thank our friend Roger Myers, attorney with Piper Rudnick Gray Cary US LLP.

We are grateful to William Shinker, publisher at Gotham Books, for believing in us and providing encouragement. The manuscript benefited considerably from the smart edit of our collegial editor, Brendan Cahill. And our book might never have been written at all but for the efforts of our enterprising agent, Scott Waxman of the Scott Waxman Agency; thanks, also, to Farley Chase of Scott's firm.

Many people were generous with their time and assistance. We particularly would like to thank Kimberly Bell; Jonathan Littman; Deborah Madden; Travis Tygart, Larry Bowers, and Bill Bock of USADA; Deborah Catlin and Caroline Hatton at the UCLA lab; Randy Huntington, attorneys David Cornwell, Mike Rains, Brian Getz, Paula Canny, Bob Holey, Troy Ellerman, Rick Collins, and Howard Jacobs; Mark Lessler at the IRS; and Dr. Steven Ungerleider, Dr. Gary Wadler, and professor Charles Yesalis, experts who never seemed annoyed at our repeated

We are indebted to Ray and Denise Garibaldi for sharing the story of their late son Rob.

Finally, we reserve our greatest thanks to the considerable risk, provided us with the confidential information that revealed the true scope of the BALCO

Harrison; Kelli White interview with SFC, USAT, LAT, 12/2/04. **Comparison to East German doping machine:** Ungerleider interviews, 2003–2005.

CHAPTER SEVEN:

Early life, baseball career, and return to the Peninsula: Interviews with former teammates Mike Roza, Rich Lopp, and Joe Blandino, former coaches Mike Cartan and Steve Gillispie, grandmother Darlene Alioto, and the late Carol Armanino, mother of the McKercher boys, all in 2003. **Gordon's death:** Retired officer Tim Mellors, 2005 interview; San Mateo County court records. **Steroid use at Fort Hays State:** 2003 secret recording; a former athlete who asked not to be named. **College batting line:** Fort Hays State sports information office. **Arrests:** Police reports. **Experience with steroids:** Recording. **Business names, license plates, tips received by drug agents:** BALCO affidavits. **McKercher after baseball:** "Bonds as Prep: Signs of a Superstar," SFC, 7/7/93. **McKercher connects Anderson and Bonds, and Bonds's workouts with Anderson:** Bonds GJ testimony. **Anderson as Bonds's best friend:** A source familiar with Bonds. **Anderson's perspective on Bonds:** Two sources familiar with Anderson. **Bonds's abusive interactions with Anderson:** Kim Bell, 2004. **Calendars, Anderson as drug "middleman":** Anderson's statement to Novitzky, 2003. **Stretching incident and medical advice:** A Bonds source. For a first-person account of the positive effects of performance-enhancing drugs, see "Drug Test," *Outside* magazine, 11/03, by Stuart Stevens.

CHAPTER EIGHT:

Winstrol use: A source familiar with Bonds; Montgomery GJ testimony, quoting Conte. **Calendars:** Bonds GJ testimony. **Workout routine and stash:** A source familiar with Bonds. **Steroid side effects:** *The Merck Manual of Diagnosis and Therapy*, at www.merck.com; *Physicians' Desk Reference*, at www.pdrhealth.com; the National Institute on Drug Abuse at www.nida.nih.gov; www.steroid.com. **Hayes sees Bonds:** "Bigger, Stronger Bonds Doesn't Go Unnoticed," SFC, 2/26/99. **"Gamma radiation," and the risks of alienating Bonds:** A

CHAPTER NINE:

Korchemyi bios: "Korchemyi's Art of Coaching," SFC, 11/7/03. **Dwain World Championships Legend in Track:** Web site. **Korchemyi interviews, 2003–2004:** "Light," LAT, 10/22/03. **Conte and Korchemyi documents:** "With a Little Help and Faster," OT, 12/24/03. **Harrisons:** Sources familiar with Harrison bios: "Sprinters' The Clear to Harrison,"