

Kyle



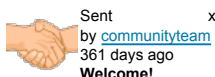
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kylestack
At Argo Tea
5/14/2011 6:24 PM

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[sydney321](#) To my buds - check out Faithfully Forward (blog)
7/8/2011 4:00:00 PM

[pbfd530](#) Looking forward to a weekend off. Doing a 5K to raise money to fight epilepsy in the morning.
7/8/2011 3:48:27 PM

[pbfd530](#) Thirsty Thursday!!! I'm craving fluids today!!
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Honesty Armstrong's Best Choice

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Written by [kylestack](#) on 5/29/2011 5:00 PM

One can say this about cyclist Lance Armstrong's history of denials that he has taken performance-enhancing drugs: the man stays consistent with one message. Whether that message is the right one is debatable. After fending off the most recent accusation of blood doping and other illegal drug intake, made against Armstrong by former U.S.A. teammate Tyler Hamilton during a 60 Minutes interview last Sunday, Armstrong needs to consider admitting whether the litany of doping claims against him for the last eight years is legitimate. There sure are a lot of people calling him out.



Hamilton claimed on 60 Minutes that in 1999 Armstrong took EPO, a growth hormone that raises the body's ability to absorb oxygen into the bloodstream, thus providing more endurance. That's vital for a strenuous sport such as cycling.

Another former teammate of Armstrong, Floyd Landis, claimed in May 2010 that Armstrong's coach – and Armstrong himself – advised him in 2002-03 how to take EPO, among other banned substances. Former teammate Frankie Andreu said in June 2007 that Armstrong admitted to cancer treatment doctors in 1996 that he took various performance enhancers. (Armstrong underwent successful treatment for testicular cancer in 1996.) From 2004-06, two newspapers and a book claimed they had evidence that Armstrong took EPO in 1999.

Armstrong can take comfort in the fact that many sports fans aren't phased by athletes ingesting banned substances. It took a decade for Major League Baseball to wade through its steroids controversy; fans, fairly or unfairly, are unsurprised when an MLB player is outed as having taken 'roids. NFL fans practically yawn when a football player is accused of ingesting steroids or human growth hormone – it's considered a way to keep up with the competition in such a rough-and-tumble sport. If Armstrong were to admit that he did what so many have accused him of doing, then he could retain some degree of integrity.

People don't like a cheater, but they dislike a liar even more. MLB's Jason Giambi admitted to a federal grand jury in 2004 that he took steroids; he's never been exonerated in the public eye the way peers Barry Bonds and Roger Clemens have. Bonds and Clemens have denied knowingly taking steroids and other performance enhancers even with mounting evidence against them. Armstrong can deny until he's blue in the face; his best action is to be honest with himself if these accusations against him are true. That is something people can respect.

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