Heidi Krieger competed in the East German athletics team, winning the gold medal for shot put in the 1986 European Championships in Athletics. From the age of 16 onward, Krieger was systematically doped with anabolic steroids, which have significant androgenic effects on the body. She had already had doubts about her sexuality, and the chemical changes resulting from the steroids only exacerbated them. Eventually, she had many of the characteristics of a man