Patrick Mignon's article highlights the ethical dilemma and health risks associated with doping in the Tour de France. This grueling event pushes cyclists to their limits, often making doping seem like a necessary evil to remain competitive. Mignon points out the normalization of doping due to intense competition, despite its illegality and health dangers. This raises significant questions about balancing athletic excellence with health preservation. How can sporting bodies deter doping while maintaining fair competition? A multi-faceted approach involving stringent testing, athlete education, and a culture shift towards celebrating clean sportsmanship is essential. Additionally, harsher penalties and better support systems could help discourage doping. Mignon’s insights compel sports governance to prioritize athlete health without compromising the integrity of competition.