

**To:** North Dakota Senate Judiciary Committee  
**From:** Save Women's Sports  
**Date:** Sunday, March 14, 2021  
**RE:** Please protect females sports by supporting HB 1298



Dear Committee Members,

On behalf of the following concerned individuals and organizations, and women and girls across North Dakota we ask you to please protect female sports HB 1298. Your efforts to preserve women's sports will impact millions of young women. The physical advantages that males have over females are very real and unchangeable, resulting in performance differentials of up to over 30%.

No matter what medical intervention is attempted, a male body will never be transformed into a female body. It can only be made to appear more female. Once a person is born male, every cell and structure of the body will remain fundamentally male.

Currently, society is being manipulated into believing that people can literally change their birth determined sex if they simply proclaim that they are a different "gender". Please note that the two words do NOT mean the same thing: "sex" is biological, while "gender" relates to social behavior and the way someone wishes to be viewed by others. Sex is a fact; gender is an idea.

Policies that enable a biological male to self-declare as "female" and to trespass upon female-only space have proven to be unfair towards females. In Connecticut, for example, such policies allow two biological males to dominate high school girls track in field. Between them, they have set 17 individual state meet records—setting times that females can never touch. Altogether high school girls have missed more than 85 opportunities to advance to the next level of competition. The desires of a few male-bodied individuals should never be used as an excuse to override the basic rights to privacy, fair play, and respect that women have fought so hard to attain.

In the realm of sports, it is obviously unethical to allow a male athlete to compete against female athletes. The advantages enjoyed by the male body result in a blatant disadvantage for female athletes. Such discrimination undermines the very purpose of Title IX.

The graphic on page three provides a useful summary of this issue and I have also provided my personal testimony. Please feel free to use it as you wish to educate others. If males who identify as transgender can compete on women's sports teams and in women's sporting events, there will be men's sports, there will be co-ed sports, but there will no longer be women's sports.

Furthermore, please let my team know if we can be of any assistance. The future of female sports depends on you. Please support HB 1298. Thank you for your vital support!

For more information and resources on this subject please proceed to our website [www.savewomenssports.com](http://www.savewomenssports.com).

Sincerely,  
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Founder of Save Women's Sports

Linda Blade, PhD Kinesiology  
Sport Performance Professional  
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Former U.S. National Taekwondo Team Coach  
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Emily Kaht  
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Masters Bench Press World Champion  
Founding Member of XX Fair Play Rights



# FAST FACTS SPORTS

The strongest 10% of females can only beat the bottom 10% of men in hand grip tests.<sup>28</sup> Hand grip is one of the most widely-used markers for **strength**.



Men are **faster** than women. In running, swimming, rowing, kayaking, and short distance and long distance, women's speed world records are all about 90% of their



men's speed world records.<sup>29</sup> Each year, **hundreds** of men easily beat the world's best time in the women's marathon.<sup>30</sup>

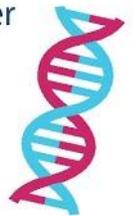
Men have broader shoulders, and larger feet and hands, all of which grant an **advantage** in sports like volleyball, swimming, and basketball.



Male marathon runners have **lower body fat** percentages than female marathon runners.<sup>31</sup>



Men have a greater amount of fast twitch muscle fibers, which give men



**explosive power**.<sup>32</sup>

On average, men are physically stronger than women.<sup>33</sup>

Men have **66%** more upper-body muscle than women, and **50%** more lower-body muscle.<sup>34</sup>



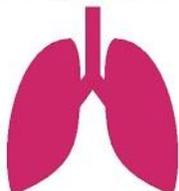
There is a **10%** performance gap between male and female athletes in most sports and it hasn't narrowed as women train harder.<sup>35</sup>



Men have **higher hemoglobin levels**, allowing their body to oxygenate muscles more quickly and efficiently.<sup>36</sup>



Men have **larger hearts and lungs**. A larger heart can pump more blood to the body and larger lungs allow for the body's tissues to receive more oxygen.



Men have bigger and stronger bones. A larger skeletal structure means men's bodies can hold **more muscle** and **larger bones** facilitate leverage.<sup>37</sup>



Men are **taller**, giving them an advantage in sports like basketball or volleyball.



My name is Beth Stelzer. I'm a former med. lab. tech., now a wife, mom, powerlifter, and founder of the non-partisan coalition Save Women's Sports, here in support of HB 1298.

I found Powerlifting later in life. It has empowered me through many life struggles. My husband brought me to watch the State Championships for my Birthday in 2018 hoping it would give me the courage to compete. I surpassed many obstacles, including the loss of a pregnancy, to achieve my goal in 2019.

However, activists disrupted the entire meet because a male was not allowed to compete as a female. They have now filed a lawsuit against USA Powerlifting.

In powerlifting, the male competitive advantage crests at over 30 percent. When half a kilogram can determine the winner; this type of advantage is huge! Studies continue to confirm that even after hormone replacement they are not mitigated. Among many other advantages, the Y chromosome continues to program the permanently increased number of myonuclei in a male's muscles to recover and grow bigger, easier and faster than females.

The women's world bench press holder is outlifted by her male counterpart, at the same body weight and age group, by over 200lbs! After years of training, I am proud to say I can lift over 300 lbs off of the ground. My son, age 10, started training a few hours a week can already lift 200. It will not be long, and he will be outlifting me, no matter how hard I train.

Fairness, privacy, and safety for females must be insured and protected. Like most females, I would never have bothered to even start my fitness journey if I'd have had to compete against males. There would be no point.

Male participation in female sports is a growing problem across the world. We should not idly wait until a female in North Dakota is seriously injured to do something.

Countless females who share my concerns. Many have been directly harmed by males who took championships, destroyed long-standing records, and denied females the rewards of their years of hard work. Those who speak up risk losing opportunities, sponsorships, and their jobs. We are slurred as transphobic, bigoted, and even racist. I have received death threats for trying to preserve fairness for females. Out of fear, we have become the silenced majority. I share my story to represent those women and because it should not rest upon the shoulders of young women like those in Connecticut to fight this.

If we continue to allow males to compete in female sporting events, there will be men's sports and there will be co-ed sports, but sports for women and girls will end.

This bill is simply to protect females. You are one of 27 states to introduce legislation to protect female sports this session. Please be the join Mississippi and Idaho in making the protection of females in sports a law. Support HB 1298 and save sports for women and girls. Thank you.