

**SAVE  
WOMEN'S  
SPORTS**

*Attachment 2*  
*H500 3-6-2020*  
*Senator Dougan*

**TO:** Idaho Senate State Affairs Committee

**From:** Beth Stelzer, Founder of  
Save Women's Sports

**Date:** Thursday, March 5, 2020

**RE:** Please preserve female sports by supporting HB 500

Dear Members,

On behalf of the following concerned individuals and organizations, and women and girls across Idaho we ask you to please vote yes on HB 500. Your efforts to preserve women's sports will impact millions of young women. Science does not lie, and the truth is not transphobic. The physical advantages that males have over females are very real and unchangeable, resulting in performance differentials of up to over 30% depending on the activity.<sup>1</sup>

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.

Legislation that enables a biological male to self-declare as "female" and to trespass upon female-only space has proven to be unfair towards females. Presumably, such laws and/or policy decisions were made in good faith but we must also assert that the troubled feelings of a small minority of 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.

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The attached graphic 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 being 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 us know if we can be of assistance. The future of female sports depends on you.

Again, please support HB 500. Thank you for your vital support! For information and resources on this subject please proceed to our website [www.savewomenssports.com](http://www.savewomenssports.com).

Sincerely,

Beth Stelzer  
Founder of Save Women's Sports  
Amateur Powerlifter

Linda Blade, PhD Kinesiology  
Sport Performance Professional  
President of Athletics Alberta

Jennifer S. Bryson  
Former College Athlete  
Let All Play, Founder

Autumn Caycedo, MD  
Former Collegiate Rower, Army Veteran  
Mother of 3 daughter-athletes

Natasha Chart  
Board Chair  
Women's Liberation Front

Jade Dickens  
Masters Powerlifting World Champion  
Founding Member of XX Fair Play Rights

Sharon Dierberger  
Clinical Exercise Physiologist

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Tanya Ditty  
Vice President of Field Operations  
Concerned Women for America

Misha Fayant  
Multi Time Powerlifting World Champion  
Founding Member of XX Fair Play Rights

Robert Fausett  
Former U.S. National Taekwondo Team Coach  
2012 Olympic Taekwondo Coach

Bob Higgins  
Member of Save Women's Sports  
43 Years of Experience in Road Cycling

Kristopher Hunt, MD FACEP  
USA Powerlifting Medical Director

Emily Kaht  
Marathon Runner  
Member of Save Women's Sports

Heidi Kay  
Amateur Powerlifter  
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Meg Kilgannon  
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Rebekah Lair  
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Ashley Lesniewski, MSN, APRN, FNP-C,  
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Anthony D. Lunsford  
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Donna Marts  
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Jane Rice  
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Elizabeth Richardson, MD FACOG  
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Angie Riniker, Track Coach  
Former NCAA 400 Meter Hurdles Champion  
8 Time All American

Jennifer Rosener MSN APRN NP-C  
Member of Save Women's Sports

Inga Thompson  
3 Time Olympic Cyclist  
Founder of The Inga Thompson Foundation

Jennifer Wagner-Assali, MD FAAOS  
5-time National Champion Master Track  
Cycling

Jim Wright  
2 Time Age Group and  
1 Time Elite National Champion Road Cyclist

Mary Verrandeaux  
Tour de France Finisher

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My name is Beth Stelzer. I am a woman. I am a wife, mother, amateur powerlifter and the founder of the coalition Save Women's Sports.

When I picked up a barbell for the first time a few years ago, it changed my life. Powerlifting empowered me. My husband brought me to watch the USA Powerlifting 2018 Minnesota women's state championships. When I got home, I hung a goals list on my wall. At the top of the list was my ambition to complete the following year.

When it came time to sign up for that contest, I experienced a very unexpected and painful miscarriage. At the same time, my Grandma passed away. I lost a child and I lost one of my biggest supporters. I had lost hope and I thought I had lost the chance to compete, but I didn't give up.

After I was cleared to lift again, powerlifting helped me feel like I still had control of my unpredictable female body. Through literal blood, sweat, and tears, I persevered.

About two months before the contest, I saw that there were suddenly some openings in the competition. I jumped at the opportunity and started training intensely 2-3 hours a day 5-7 days a week as the day approached anticipation and excitement were my constant companions.

However, transgender rights activists sullied the day of the meet for every woman there. They disrupted all events because a male was not allowed to compete against females.

That male has filed a complaint against USA Powerlifting with the Minnesota Department of Human Rights.

Males average about a 10% physical advantage over women across the various sports. In weight lifting showing males' competitive advantages crest over 30%. When tenths of a second or a half kilogram can determine the winner; this kind of advantage is huge! Men have an average of 26 lbs. more skeletal muscle mass than women and we enjoy around 40 percent less upper-body and 33 percent less lower-body strength.

Studies have confirmed that even after 12 months of hormone replacement, male bodies do not lose these advantages. Medical procedures do nothing to mitigate them. The Y chromosome continues to program the permanently increased number of myonuclei in a male's muscles to recover and grow faster than females.

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

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After founding Save Women's Sports, I discovered that women are harassed for raising alarms about the more than 50 males who have taken away opportunities from females over the past couple of years. We lose opportunities, sponsors, and jobs. We are slurred as transphobic, bigoted, and even racist. Out of fear, we have become the silenced majority. I represent all of these women.

Male participation in female sports spans internationally at all playing levels. Allowing them to compete as females denies women fair play and bodily privacy. It undermines the purpose of Title IX. It is unethical, unfair, unnecessary, unscientific, and unsound.

If males are allowed to compete in women's sporting events, there will be men's sports and there will be co-ed sports, but there will no longer be women's sports.

Protect sex-separated opportunities. Support HB 500. Set the precedent and save women's sports.

Beth Stelzer

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