

**To:** Kansas House Committee on Education  
**From:** Save Women's Sports  
**Date:** Sunday, February 21, 2021  
**RE:** Please protect females sports by supporting SB 208



Dear Committee Members,

On behalf of the following concerned individuals and organizations, and women and girls across Kansas we ask you to please protect female sports SB 208. 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 SB 208. 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  
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Let All Play, Founder

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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.

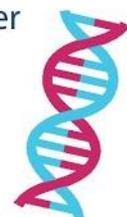


Male marathon runners have **lower body fat** percentages than female marathon runners.<sup>31</sup>



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>



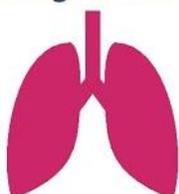
There is a **10%** performance gap between male and female athletes in most sports and it hasn't narrowed as women train harder.<sup>35</sup>



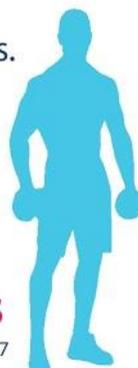
Men have **higher hemoglobin levels**, allowing their body to oxygenate muscles more quickly and efficiently.<sup>36</sup>



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 am a woman. I am a wife, mother, amateur powerlifter and the founder of the grassroots non-partisan 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 State Championships for my Birthday in 2018 hoping it would give me the courage to sign up the next year. And when we got home, I hung a goals list on my wall. At the top of that list was my ambition to compete in 2019. I started training intensely 2-3 hours a day 5-7 days a week in the gym and just as much time preparing all my meals. Amid it all I had another unexpected and painful miscarriage, but I continued to persevere and as the day approached anticipation and excitement were my constant companions.

However, activists sullied the day of the contest for everyone there. They disrupted all the events because a male was not allowed to compete in the women's championships. This was heart breaking for me and many others. Furthermore, that male athlete has further jeopardized the sport I love by filing a lawsuit against USA Powerlifting in Minnesota.

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! True scientific studies continue to confirm that even after 12 months of hormone replacement, male bodies do not lose these advantages. Medical procedures do nothing to mitigate them. 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.

Fairness, privacy, and safety for females must be insured and protected. Like most 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.

After I started Save Women's Sports, I discovered that countless other women had the same concerns about fairness in athletics. Many had even been directly harmed by males who took championships, destroyed long-standing records, and denied women the rewards of years of hard work. These courageous women have experienced harassment and threats for raising alarms about males competing in female sports. Those who speak up risk losing relationships, opportunities, sponsors, and jobs. We are slurred as transphobic, bigoted, and racist. I have even received death threats for trying to preserve fairness for females. Out of fear, we have essentially become the silenced majority. I share my story to represent them. It should not rest upon the shoulders of young women to fight this.

While it is seemingly not a problem here yet, male participation in female sports is a growing problem across the world. We should not sit back and wait until one of them is seriously injured to do something. Allowing males to compete in female sports denies women and girls fair play and bodily privacy. It undermines the purpose of Title IX. It is unethical, unfair, and unscientific.

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 there will no longer be sports for women and girls.

This is not, as some would label it, an anti-trans bill. This bill is to protect females. Please protect our sex-separated opportunities. Support SB 208. Set the precedent to save female sports.

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**SAVE  
WOMEN'S  
SPORTS**