

**To:** Pennsylvania House of Representatives Education Committee  
**From:** Save Women's Sports  
**Date:** Monday, August 2, 2021  
**RE:** Please support HB 972

**SAVE  
WOMEN'S  
SPORTS**

Dear legislators,

On behalf of the following concerned individuals and organizations, and women and girls across not only Pennsylvania, but across the nation, we ask you to please protect female sports by supporting the Save Women's Sports Act. 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 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.

Do not hesitate to let my team know if we can be of any assistance. Please support HB 972, the future of female sports depends on you. 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,  
Beth Stelzer  
Founder of Save Women's Sports

Linda Blade, PhD Kinesiology  
Sport Performance Professional  
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Jennifer S. Bryson  
Former College Athlete  
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Mary Verrandeaux  
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Representative Barbara Ehardt  
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Ashley Lesniewski, MSN, APRN, FNP-C,  
Amateur Cyclist

Anthony D. Lunsford  
Father of Daughter Athletes  
Author, Coach, and Business Owner

# 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.



## Beth Stelzer – Testimony for HB 972

My name is Beth Stelzer I am a wife, mother, former medical laboratory technician, and amateur powerlifter. I am the founder of the grassroots nonpartisan coalition, save women's sports. My team wholeheartedly supports this bill.

I represent women, and men, across the world of all backgrounds and beliefs. We set our differences aside to come together on this issue. This should not be a partisan issue. I should not even be about politics or religion it is common sense. I'm often labeled a conservative Christian for taking on this cause, however for the record, I am not religious, nor do I hold party ties. I was not even involved in politics before this.

Yet here I am, an average mom, traveling the nation, filling this unexpected role, because I see a need. A need to represent a silenced majority. People labeled as transphobic bigoted racists for simply trying to preserve the rights of females. I am here because courage calls to courage. We need to stand up for our daughters, sisters, wives, and mothers. We need to stand in the truth and stand up for women.

My eyes were first opened to this issue when after carving out the time to train for a couple of years to compete at the women's state championships. Instead of getting my chance to shine and being celebrated as a strong woman, I was screamed at that I should the platform with a male. These activists demanded I accept their feelings as science, while ignoring mine. When I spoke up about the unfairness I was harassed and bullied. That's when I started save women's sports.com as a platform for women to feel safe in speaking out and to know they are not alone.

Powerlifting has empowered me through PTSD from male violence, sexual abuse, and stalking. It helped me stop looking over my shoulder and searching for the exits in a room. Only other women who have been victimized know what that feels like. It gave me a reason to keep moving after miscarrying. Women rely on sex-separated spaces to feel safe and to heal.

Some say we are in search of a problem, but just two male athletes in Connecticut have taken 15 state girls track titles there is no asterisk by their names to let future generations of females know that those records are not achievable because they are not training hard enough but that they were set by a male.

There are only two sexes and while there may be disorders of sexual development sometimes commonly referred to as intersex disorders this does not mean that sex is on a spectrum. the human species is dimorphic that means there are two sexes, and these two sexes are immutable, we cannot change them. You cannot make a male a female simply by lowering their testosterone. Women are not a hormone level.

States that have passed these issues are some of these largest economic states growing in the country the threat of the NCAA taking away opportunities, was just a lie.

We are not in search of an issue we are simply nipping this in the Bud we are preserving the rights of females and when we allow males to take these spots that females fought so hard to have, we are discriminating against women.

I have moms writing to me saying their girls have given up because what is the point if you know who will win before the competition starts. To add insult to injury, they are afraid to speak up.

We need to preserve what generations before me fought so hard for, rights on the basis of sex. The very rights that Title IX is supposed to protect.

Simply put, identities don't play sports bodies play sports. Set a precedent that tells women and girls they matter. Vote for HB 972. Thank you for tackling this serious issue

Beth Stelzer

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## Beth Stelzer – Testimony for HB 972



Beth Stelzer is a wife, mother, amateur powerlifter, and the founder of the non-partisan grassroots coalition Save Women's Sports. She started Save Women's Sports after her first sanctioned Powerlifting competition was disruptively protested because a male was not allowed to compete in the women's state championships.

In just two years and on a shoestring budget, Save Women's Sports has managed to grow from a just a website to a network of people from all backgrounds, lobbying for legislation like the recently signed SB 2536 in Mississippi. We provide support and hope but most importantly, a voice for those who are bullied into silence.

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