

Hello, my name is Ty Holiday. I am a trans-feminine individual who has spent a good portion of my life living in Ohio. While I'm not an athlete, I have stayed fairly active and fit during my life and I have personal experience regarding the athletic advantage people claim trans women have.

I have been on hormone replacement therapy, or HRT, for over 6 years. I used to be a much stronger person; I could bench press more than my body weight, I could do well over 50 push-ups in one set, and I could ride a bicycle dozens of miles before even beginning to tire. In my second year of HRT I started to realize just how much muscle mass I was losing, and in turn how much strength and endurance I was losing.

For context, I am a music instructor and professional musician who has, for years, had to carry a truck bed full of heavy equipment multiple times every week. This used to be no issue for me because, as I mentioned, I've always stayed fairly active and fit. However, on HRT I've personally experienced such a loss in strength, regardless of how much I work out, that I now have to take breaks loading and unloading my gear and I've had to store a lot of my equipment in the garage because I physically cannot carry it up the stairs anymore. I'm at an immense athletic disadvantage from how I was pre-HRT.

Now, you may still be thinking that I'm stronger than cisgender women, who were assigned female at birth - that I have an advantage due to genetics and a male puberty. However, I also have experience in being defeated by cis women in athletic scenarios. These are women who do not have to carry heavy gear several times a week like I do, and do not have to train just to keep a small fraction of the strength and endurance they had just a few years ago like I do. Yet, time and again they've bested me in honest, friendly competition whether that be racing on foot, arm wrestling, push-up contests, curling weights, squats, the list goes on. If I had the biological advantage so many people in our society claim that I do, it shouldn't matter how long I've been on HRT. I should have won every one of those friendly competitions. Yet, I did not.

HRT has changed the structure of my muscles and ligaments, it has lowered my bone density, and it has removed any athletic advantage I ever hypothetically had. And even trans women who are trained athletes experience what I have experienced. You need look no further than Joanna Harper, a transgender competitive runner and medical physicist, who published a peer reviewed paper in the *Journal of Sporting Cultures and Identities* back in 2015. She studied how HRT reduces trans women's distance running times to a competitive level with cis women's, significantly lower than the times they had pre-HRT. What's more, Dr Timothy Roberts has done similar studies and states that any talk of athletic advantage does not apply to adult recreational athletes - which includes the vast majority of collegiate athletes - after one year of HRT and that trans girls who go through HRT before or during puberty have no advantage in the first place. This is the same pediatrician that anti-trans individuals often cite when speaking of removing trans women from women's sports, and even he seems to disagree with doing that.

I'm here today to plead with you, to beg you to not only do more research on this subject, but to also go see for yourself. Please go watch trans athletes in real time, in our community, and see what advantage they possibly have over their cis counterparts. Thank you.