

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.

I am here to day in red and blue because represent people from all beliefs and backgrounds, but we stand together the truth that athletes deserve fairness. Also, as a reminder that this should not be a partisan issue. I would like to share a brief story of what brought me here today.

I found Powerlifting later in life. It has empowered me through many life struggles including PTSD I had suffered from domestic abuse and stalking. After seeing how the sport starting to change my life, my husband brought me to watch the Powerlifting State Championships for my Birthday hoping it would give me the courage to compete. He knows me well, it did. I trained 2-3 hours a day, at least 5 days a week and spend as much time preparing all of my meals. I surpassed many obstacles, including the loss of a pregnancy, to achieve my goal.

However, activists disrupted the entire event because a male was not allowed to compete in the women's state championships. They have now filed a lawsuit against USA Powerlifting.

In powerlifting, the male competitive advantage is 64%. When half a pound can determine the winner; this type of advantage is huge! For example, one of the women's world bench press holders 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 deadlift over 300 lbs off of the ground. My son, age 10, started training just 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. Puberty and Testosterone should not be deciding factors in this issue. The Presidential Physical Fitness test compensates for the differences of the sexes from the age of 6.

Fairness, privacy, and safety for females must be ensured 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 not point. Current studies continue to confirm that even after hormone replacement therapies, the physical advantages are not mitigated.

Male participation in female sports is a growing problem across the world. We should not wait idly until a female in North Carolina is seriously injured or until all of their records are lost 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 scholarships, sponsorships, and their jobs. Slurred as transphobic, bigoted, and even racist. I have received gruesome death threats for simply trying to preserve fairness for females. Out of fear, we have become the silenced majority. I share my story to represent those bullied into silence and cancelled by the media, and also because it should not rest upon the shoulders of young women like those in Connecticut who have lost their state records and championships to fight this.

Think about this, if we continue to allow males to compete in female sporting events, there will be sports for males and there will be co-ed sports, but sports for women and girls will fade away.

This bill is not a ban. It is not rooted in hate or transphobia. It is simply to protect fairness for biological females. The intended purpose of Title IX. You are one of 28 states to introduce legislation to protect female sports this session. Please be the join Mississippi and Idaho and soon to be South Dakota in making this a law.

**SAVE
WOMEN'S
SPORTS**

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 managed to grow from a just a website to a network of people from all backgrounds, lobbying for legislation like the newly signed SB 2536 in Mississippi, providing support, and most importantly being a voice for those who are bullied into silence.

