

My name is Jennifer Gingrich and I am a resident of Portland, Maine. My testimony in favor of LD 233 is on behalf of New England Women's Solidarity, of which I am Co-Director. NEWS is a feminist organization and we support single-sex school sports in Maine to protect girls' rights.

Even in primary school, boys are stronger and faster than girls¹ due to anatomical advantages that become significantly more pronounced with the surge of testosterone that puberty brings, such as larger hearts and lungs, more fast-twitch muscle fibers, narrower pelvises that put less resistance on their lower bodies, and more.² This is simply a biological fact that not very long ago, everyone acknowledged without controversy.

Numerous studies have proven that even after years on cross-sex hormones, male speed and strength advantages cannot be reversed.^{3 4}

We want all students to be able to participate in athletics, but sports are played with bodies, not identities. Why not encourage boys' teams to be more welcoming to gender-nonconforming males? Why must girls be obligated to sacrifice their fair chances for honors and opportunities in order to make another group happy?

Critics have said that we shouldn't be concerned about this issue because there are as yet only a few transgender athletes in Maine competing and winning in girls' sports,⁵ but we say that even one girl being cheated out of honors she has worked for and earned is too many.

A recent poll showed that most Mainers on both sides of the political aisle oppose biological males being allowed to compete in female sports.⁶ Maine voters want girls to have their own sports back, and we agree.

New England Women's Solidarity urges you to vote in favor of LD 233. Thank you.

Jennifer Gingrich, Co-Director, New England Women's Solidarity (Portland, Maine)

¹ Brown, Gregory. *Sex-based differences in track running distances of 100, 200, 400, 800, and 1500m in the 8 and under and 9–10-year-old age groups*. European Journal of Sport Science: February 2024.

² Joyner, Michael. *Evidence on Sex Differences in Sport Performance*. Journal of Applied Physiology: Jan 2025.

³ Hilton, E. and Tommy Lundberg. *Transgender Women in the Female Category of Sport: Perspectives on Testosterone Suppression and Performance Advantage*. Sports Medicine 51: Feb 2021.

⁴ Heather, Alison K. *Transwoman Elite Athletes: Their Extra Percentage Relative to Female Physiology*. Intl Journal of Environmental Research and Public Health 19: July 2022.

⁵ Zaksheske, Dan. *Another Male Wins Girls' Event in Maine as State is Being Sued by Federal Government*. Outkick: May 4, 2025.

⁶ Bishop, Bonnie. *Poll: More Mainers Against Transgender Athletes in Women's Sports*. WMTW News, March 27, 2025.