

Tyler Rukstales
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LD 1337

Senator Carney, Representative Kuhn, and Honorable Members of the Judiciary Committee, my name is Tyler Rukstales and I am a constituent of Waterville. I am writing this testimony on behalf of my transgender peers and the community as a whole. I am testifying against LD1337. While biological males are typically stronger than biological females, the typical transgender adult is placed on hormone therapy, which transforms their body in ways that take away certain advantages. For example, transgender women will notice a loss of muscle mass, as well as lower energy and libido levels. Body fat will redistribute, giving them a more feminine build. This helps to eliminate the “unfair advantages” that have been spoken of time and again with female transgender athletes, as their muscle mass and energy is lowered significantly which gives them far less of an advantage over cisgender women in sports. Many of the sports transgender women are criticized for participating in, are not even dangerous or concerning, such as track. Track is often a mixed sex sport, and although there isn't always mixed sex competition, transgender women do not pose any threat to their cisgender counterparts by participating. The blatant lack of understanding and distribution of misinformation when it comes to transgender people, especially transgender women, is astounding. This is not a glaring issue in Maine, there are not droves of transgender women destroying their competition and beating cisgender women in every sport. There is very little document of transgender athletes in Maine, and our focus should be on larger issues within our communities. Thank you for the opportunity to testify. I urge you to vote “Ought not to pass” on LD1337