

## **Testimony in Support of Protecting Women's Sports**

Dear Committee,

Thank you for the opportunity to speak on this important issue.

My name is Mark Holden, and I am a resident of Union, as well as a pastor and community leader who cares deeply about the well-being of young people and the integrity of fair competition.

I am writing to express my strong support for legislation that preserves women's and girls' sports for biological females.

This is not a matter of animosity or exclusion—it is a matter of fairness, safety, and reality. Biological differences between males and females are well-established and undeniable. From muscle mass and bone density to speed, strength, and endurance, males, on average, possess physical advantages that directly impact athletic competition. These differences are the very reason women's sports were created in the first place—to ensure that female athletes have a level playing field.

Allowing biological males to compete in female sports undermines that fairness. It places female athletes at a disadvantage, not because of lack of effort or ability, but because of inherent physiological differences beyond their control. This not only affects competition outcomes, but also scholarship opportunities, team placement, and the overall integrity of women's athletics.

In addition, there are legitimate concerns regarding safety. In contact sports especially, the physical disparities can increase the risk of injury for female athletes. Protecting young women should be a priority, not an afterthought.

There are also concerns related to privacy and dignity in spaces such as locker rooms and changing areas. Many young women feel uncomfortable and vulnerable in situations where biological males are permitted to share these private spaces. Their voices and concerns deserve to be heard and respected.

At its core, this issue is about preserving opportunities for women and girls. It is about ensuring that decades of progress in women's athletics are not diminished. And it is about applying common-sense distinctions that have long been recognized for the sake of fairness and safety.

We can—and should—treat every individual with dignity and respect. But we must also uphold policies that are grounded in biological reality and that protect the rights and opportunities of female athletes.

I urge you to support this legislation and take a stand for fairness, safety, and the future of women's sports in the state of Maine.

Thank you for your time and consideration.

Respectfully,

Mark R. Holden, Pastor  
The Church of the Nazarene  
Union and North Waldoboro

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Union  
LD 2239

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