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**ABDOMINALLY CHALLENGED BOULDER TEEN  
TAKES ON THE WORLD'S GREATEST ABDOMINAL CHALLENGE**

*April 19th, 2014*

*Boulder, CO*

Boulder, CO – April 19th, 2014 – Two days after her sixteenth birthday, when she becomes eligible for The Guinness Book of World Records, Gabi Ury plans to break the women’s record for holding a plank. The current record is 40 minutes and one second.

Atlanta-based former CNN Senior Executive Producer Michael Schulder says: “I’ve never asked anyone to get down on the floor before reading one of my stories. But I suggest that you drop down now, in the core-strengthening position called “The Plank,” and hold that position as long as possible. Only after doing so will you begin to appreciate the undertaking of a teenage girl from Boulder named Gabi Ury.”

What is so remarkable is that Gabi Ury is not your ordinary teenager. Born with a rare syndrome called Vater’s, she has undergone 14 surgeries, almost all at Children’s Hospital Colorado, on her spine, feet, and abdomen. She is not only attempting a world record, but she is doing so by turning a physical weakness into a physical strength.



Watch this video (<http://www.wavemaker.me/stories/plank-wave>) for only 2 minutes and 3 seconds and you'll be able to see Gabi Ury doing the plank without breaking a sweat as she tells her remarkable story.

**About Gabi Ury** ([www.gabiplanks.com](http://www.gabiplanks.com)): Gabi Ury, 15, is a Boulder resident and a sophomore at the Alexander Dawson School in Lafayette.

For more information about the event (scheduled to take place on April 19 at the East Boulder Community Center, 5660 Sioux Dr, Boulder, CO 80303) or to schedule an interview, contact Christian Modern, 303-589-9037. Email: [christian.modern@gmail.com](mailto:christian.modern@gmail.com).