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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://bit.ly/1jr7562>) for only 4 minutes and 9 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 at 3 pm on April 19 at the East Boulder Community Center, 5660 Sioux Dr, Boulder, CO 80303) or to schedule an interview, contact Christian Modern at 303-589-9037 or [christian.modern@gmail.com](mailto:christian.modern@gmail.com).