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Contact: Christian Modern, 303-589-9037
email: christian.modern@gmail.com

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**PHYSICALLY CHALLENGED BOULDER TEEN
HOLDS PLANK LONGER THAN ANY WOMAN IN HISTORY**

*April 19th, 2014
Boulder, CO*

Boulder, CO – April 19th, 2014 – Two days after her sixteenth birthday, Boulder resident Gabi Ury held the plank for 1 hour 20 minutes and 5 seconds at the East Boulder Community Center, ending at 4:45 pm Mountain time. Her attempt was recorded on video with two stationary cameras and observed by 2 independent witnesses and 2 timekeepers in accordance with the requirements of Guinness World Records Limited. The attempt was live-streamed and is available for viewing at www.gabiplanks.com.

In her attempt, Ury has doubled the current world record. As [the Denver Post explains](#), "The official record for a woman planking is 40 minutes and 1 second by... Eva Bulzomi. But Bulzomi unofficially smashed her own record last month with a time of 1 hour, five minutes and 18 seconds — Guinness is reviewing her submission. Word of the new unofficial record came last week; Bulzomi sent Ury an e-mail so she wouldn't stop after reaching the official time, Ury said."

What is so remarkable is that Gabi Ury is not your ordinary teenager. [The Boulder Weekly states](#) that the plank position is "tough on anyone, but Ury was born with VATER syndrome — her spine was severely impaired and several major muscle groups were undeveloped." She has undergone 14 surgeries, almost all at Children's Hospital Colorado, on her spine, feet, and abdomen. She has not only attempted a world record, but she has done so by turning a physical weakness into a physical strength. Gabi is also raising money for the Children's Hospital in acknowledgement of all the help it provided her over the years. As of April 23rd, she has raised \$23,622, with an additional \$26,008 in pledges for a total of \$49,630. Upon reaching \$50,000 the hospital will create an endowment fund in her name.

The evidence of her attempt is being submitted to Guinness World Records Limited for official verification, which is expected within 10-14 days.

About Gabi Ury (www.gabiplanks.com): Gabi Ury, 16, is a Boulder resident and a sophomore at the Dawson School in Lafayette. You can see Gabi Ury doing the plank as she tells her remarkable story through [this 4 minute, 9 second video](#). Follow her on facebook at [gabiplanks](#). You can also follow the series of articles being published by former CNN Senior Executive Producer Michael Schulder at [wavemaker.me](#), as well as some [high-level endorsements](#) Gabi is getting with thousands of likes.

For more information or to schedule an interview, contact Christian Modern at 303-589-9037 or christian.modern@gmail.com.