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**GUINNESS CERTIFIES PHYSICALLY CHALLENGED TEEN
AS HOLDING PLANK LONGER THAN ANY WOMAN IN HISTORY**

*April 29th, 2014
New York, NY*

ABC News Studios – April 29th, 2014 – Ten days after 16-year-old Boulder resident Gabi Ury held the plank for 1 hour 20 minutes and 2 seconds at the East Boulder Community Center, exactly doubling the world record, ABC News' [Good Morning America surprised Gabi](#) by having Guinness officially certify her live on TV.

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 May 12th she raised \$56,742 well over the \$50,000 threshold the hospital sets for creating an endowment fund in her name.

Gabi's preparation process was fraught with challenges. As [the Denver Post explains](#), "The official record for a woman planking [was] 40 minutes and 1 second by... Eva Bulzomi. But Bulzomi unofficially smashed her own record last month with a time of 1 hour, 5 minutes and 18 seconds... Bulzomi sent Ury an e-mail so she wouldn't stop after reaching the official time, Ury said."

Of her attempt, The Huffington Post states, "Some people break world records and others shatter them. Gabi Ury falls into the latter category." Ellen DeGeneres tweeted that this 16-year-old girl set a new "world record for planking. Incredible."

About Gabi Ury (gabiury.com): Gabi Ury, 16, is a Boulder resident and a sophomore at the Dawson School in Lafayette. You can learn more about her attempt through [this 3 minute 45 second video](#) and hear her tell her remarkable story through [this 4 minute, 9 second video](#). You can also learn about the deeper story behind Gabi's achievement through [this longer article](#) by former CNN Senior Executive Producer Michael Schulder. You can watch [Gabi being interviewed on TV here](#), including at ABC News, Channel 9News, Channel 2 Daybreak and a feature on The Weather Channel.

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