

BUSINESS NEWS



Ladies Workout Express Raises \$8,200 in National Ab Crunch Challenge

The Ladies Workout Express Team from Barre and Montpelier recently attempted to establish a World Record in the National Ab Crunch Challenge to benefit St. Jude Children's Research Hospital.

The group, affectionately known as "The Crunchettes", are shown here. From L to R they are: Kathy Ducharme, Cynthia Devins, Cathy Thompson, Karen Brown, Sheila Lowe, Marcy Rochford (Captain Crunch), Patty Sanchioni, Nancy Vaillancourt, Niki Dezotelle, Katy Lowe, Karen Gordon, Diana Klug, Kirsten Evans, and Gloria Corliss (most crunches 9,145).

In addition to raising over \$8,200 for St. Jude, the Crunchettes completed 87,767 crunches in the one hour event held at Ladies Workout Express in Barre on March 29, 2008.

With more than 200 Ladies Workout Express teams participat-

ing across the country, the total number of crunches completed by all teams will be submitted to The Guinness Book of World Records in hopes of establishing a World Record.

Marcy Rochford, Owner and Captain of this Vermont Team, wishes to extend sincere thanks to all the Crunchettes for their dedication and commitment to this event. In addition, the Team would like to thank the many businesses and individuals who donated gifts and money for this event.

The team looks forward to beating their numbers in next year's Challenge. If you are interested in participating in next year's event, call the Barre club at 479-5300 for more information.