

ROAD SISTERS

The idea to profile sisters Nancy Kneeland and Mary Anne Peck came to me over the months I've watched these very fit, confident runners finish at the beginning of the pack, sometimes as winners. At last year's Back Cove 5-Miler, for instance, each was first in her age group. So I was quite surprised to hear them describe themselves as "wimpy." Would a true wimp choose for one of her first races, as Nancy did, the Pottle Hill 10K, "New England's toughest"?

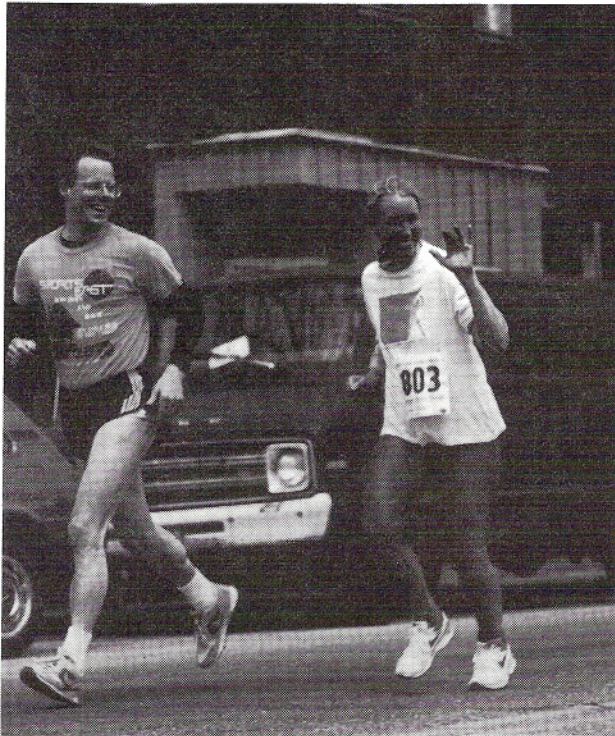
Nancy has been running for two years, coached by Tom Dann. Despite thinking the starting gun at her first race was the sound of an emergency in the nearby neighborhood, Nancy has progressed rapidly. She's won Kennebunk's Project Graduation Race for the last two years, and last year was second in her age division at Waterville's Sentinel 10K. Sparked by Nancy's enthusiasm, Mary Anne, the mother of two small sons (call that cross-training) started running just over a year ago. Always good friends, the sisters say running brought them even closer. Touie and Dave, as Mary Anne and Nancy are called by their family, run together almost daily, having good talks, unwinding. They regret that their mother, who passed away two years ago, didn't have the chance to see this new dimension of their lives

Born in the Mechanic Falls area, the sisters moved as children to Goose Rocks in Kennebunkport. From a close-knit family of five children, they're working on the others to become runners. Nephew Nathan Howes last year won Portland's St. Peter's race and placed near the top at Doc's Tavern and the first annual Presidential Race in Kennebunkport in March.

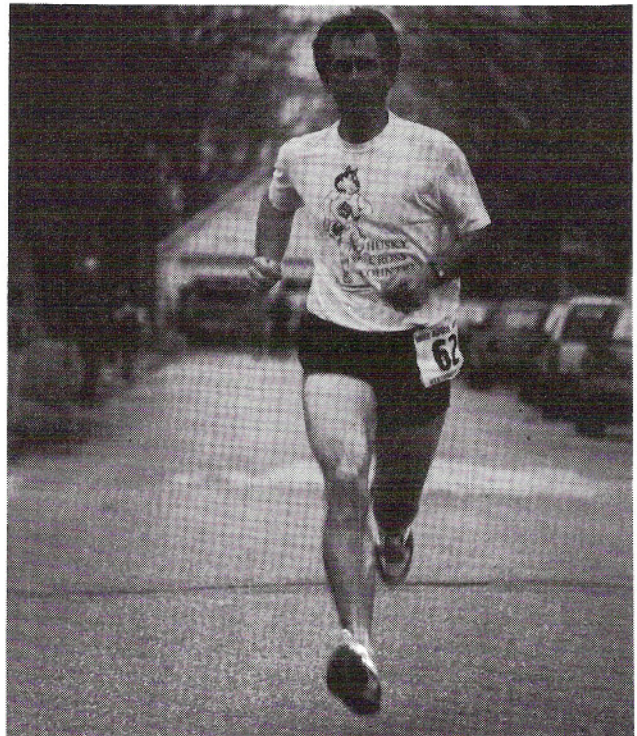
Nancy and Mary Anne say the value highly their MTC membership and the support and sense of belonging they've found. Membership has even inspired these wise women to "forget the malls" and focus instead on Fashions by Mel. They're both active members of the Arundel Road Warriors, a group that I'm told likes to laugh, sing, eat and run, somewhat in that order.

No, I don't think the sisters are wimpy at all. They're bright, energetic and very funny. Even a little zany. I knew it would be an interesting interview when I heard Mary Anne say to someone, "You know, I don't think I'm ever really on this earth."

Pat Buckley



John & Arabella Eldredge



George Towle