

## Allen wins second straight Turkey Trot

Posted by [TBN Editor](#) On 11/23/2018

**Prince Frederick, MD** - Another mad dash in the frigid Thanksgiving morning air is in the books. The 2018 Turkey Trot organized by Project ECHO was held in Prince Frederick Thursday morning, Nov. 22. Hundreds of runners and walkers converged on The Arc of Sothern Maryland headquarters on West Dares Beach Road an hour before sunrise and took off in a mad five kilometer (5K) dash south and then north on Prince Frederick Boulevard. The event is held to raise funds for the organization's homeless shelter in Prince Frederick.

For the second year in a row William Allen, 27 of St. Leonard was tops in the field of runners. Allen's unofficial time was 16 minutes and 45 seconds, which is one-and-a-fraction of a second slower than his 2017 time when he won the race by a whisker. The top female finisher was Liz Starks, who logged an impressive time of 18 minutes and 36 seconds.

The outdoor temperature as the race began was about 30 degrees, similar to the brutal cold of the 2017 event.

While individuals vie for the medals, many teams of runners and walkers also participate. Project ECHO Development Director Teresa Beavers that the MSP Team, comprised of 27 participants, was the largest competitive group in the race's seven-year history.

Organizers thanked the event sponsors and sent out special appreciation to Jim's Air and Michael Donald of the Owings Outlaws Football Team for providing outdoor amenities such as tents and lighting. Complimentary light refreshments will be available before and after the race courtesy of Mid-Atlantic Culligan. Perennial race participant Martin Greenbaum of Lusby again provided fresh apples for the runners and walkers. In addition to a large army of volunteers, The Hungtingtown High Pom Pom squad cheered on the runners and walkers as they approached the second-to-the-last turn before reaching the finish line.

Project ECHO was started in 1993 by the Ecumenical Council for the Homeless. The nonprofit organization provides emergency shelter and supportive housing in Calvert County.

Complete race results will be posted on the Project ECHO [web site](#) as soon as they are available from BluePoint Timing.

Contact Marty Madden at [marty.madden@thebaynet.com](mailto:marty.madden@thebaynet.com)

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