



Notes and Numbers from the Executive Director

In 2024 the **Boston Bulldogs Running Club** experienced tremendous growth. Our Board of Directors worked diligently to bring together various constituency groups to update our Strategic Plan. We launched a new **Junior Bulldogs** Program at Cristo Rey High School in Dorchester; secured a half-dozen grants from various foundations; hired Jed Hresko as our Operations Specialist; and were featured in a documentary film that is currently a semi-finalist at the Cannes Film Festival.

We also established a **Development Committee** composed of marketing and development experts from institutions such as MIT, Dana Farber, Boston University and Stanford University. Additionally, we fielded a team in the Falmouth Road Race; formed a highly successful **Boston Marathon Charity Team** with fifteen runners; hosted over **500 participants** in our **Run for Recovery 5K and Tribute**; and held our first-ever Comedy Night fundraiser with the help of several notable Boston-area comics.

We established new Club policies and procedures; developed our marketing/branding documents; received significant local and national press coverage; updated our marketing materials, expanded our number of community nights and breakfasts; and formed important partnerships with the Behavioral Health Hour, the Earley Law Group, HOKA shoes, the Boston Run Show, Victory

Programs, Rockland Recovery and the Yale Club of Boston. Additionally, we have been developing a new website, set to be revealed in the early months of 2025.

All of this happened in 2024 while also organizing **258 weekly runs; 109 community outreach events** at area recovery centers, sober living houses, shelters and hospitals; **21 Junior Bulldogs** events; **10 Community Nights**, breakfasts and outings; and **30 Full Circle events** to help members learn more about the Club and achieve wellness goals. The Bulldogs also participated in dozens of road races and were featured in 14 different articles and podcasts helping to spread the message of recovery and wellness to **over 10,000 people** through our runs, presentations, newsletters, website, conferences, social media, etc.

2024 as a successful year for the Boston Bulldogs. In 2025 we will build on this success by developing and deepening our programming, specifically focusing on the Junior Bulldogs program and the training of our Leadership Team so we can better share the positive impact of running, wellness and recovery with even more.

Be well,

Jim Keane
Executive Director

***Bulldogs Recognized as BAA Official Charity --
Meet Our Boston Marathon Team!***

2025 BOSTON BULLDOGS RUNNING CLUB

BOSTON MARATHON TEAM



Shan



Brandon



Henry



Heather



Ryan



Kathy



James



Curtis



Mary Kate



Surf



Annie



Bryan



Rachel



Didde



Brendan

For the fourth year in a row the Boston Bulldogs Running Club is a charitable partner of the Boston Athletic Association. In October, the BAA granted the Club 15 charitable bibs that allow members and those who wish to support our mission the opportunity to run the Boston Marathon while raising funds for the Boston Bulldogs. Meet our [2025 Boston Marathon Team!](#)

....in October Bulldogs Conquered Mike's 5K in Milton!



...In November our first-ever BBRC Comedy Night sold out

Special thanks to Boston comedians Dan Boulger, Pat Collins, Emily Ruskowski and Steve Sweeney for helping us organize a terrific night of laughs at the Fox and Hound Tavern in Quincy. The BBRC Fundraiser was standing room only. Club member, Ari Ellinson also made an impressive debut! For a recap check out this highlight video: [Boston Bulldogs Running Club Comedy Night!](#)



December's Giving Back Program Helped HOKA and Marathon Sports "Share the Warmth"



From December 1-15, the Boston Bulldogs, [HOKA](#) shoes and [Marathon Sports](#) collaborated in the “**HOKA Share the Warmth Run Club**” - a drive to collect clothing, non-perishables, and toiletries for the needy. Items were collected at Marathon Sports in Cambridge, MA and distributed by the Bulldogs' **Giving Back** Program to Victory Programs, as well as to area sober living houses and shelters.

We also welcomed new Leaders



Deirdre Koenen, Lucy Burr and Andrew Price have joined our Leadership Team! They bring a wealth of experience, perspective and maturity. We are thrilled to have them aboard!

Bulldogs documentary film selected at Cannes, LA and Toronto Film Festivals

Bryan Cote of *The Behavioral Hour* and Jack Cote of *Imagine Sports* combined their talents to create a documentary film centered on sports and recovery. Initially planning to use the

Bulldogs as a small part of a larger documentary, they shifted their focus to our Program Director Meaghan Langlois, the Club and several members.

To date, the film has won “Best Health Film” from the Cannes World Film Festival and “Most Inspiring Woman in a Film” from the Los Angeles Film Awards. *The Boston Bulldogs* follows the stories of five runners interconnected by one woman’s story. The Swedish International Film Festival is among several other festivals considering the film for best documentary feature. To view the uncut 90-minute version, [click here](#). In March 2025, there will be a public viewing of the film at the Boston Run Expo. You can also see a shorter clip of their handiwork here: [What's A Run Looks Like?](#)



Training Q & A with Will Campbell



Q: How much should I hydrate before, during and after a run?

A: 2 hours prior to running, getting some hydration is important, as well as “quick” carbohydrates. 500-600mL (17-20oz) of water with a carb-rich snack should do the trick. Think fruit, whole grains or starchy vegetables. On longer runs (>20mins), consider a carb-infused drink like Gatorade or gel packets like GU energy gel. Post-run, consume 1,500mL (50oz) of water within 4-6 hours and be sure to include sodium and electrolytes via drink or food! We are all different, so be sure to listen to your body and track what seems to work best for you.

Q: I am sick and don't have the energy to run. How can I make sure I don't lose progress and pick up where I left off?

A: We all get sick or have a number of things that can interrupt our training regiment. The best thing you can do while sick is rest, hydrate and eat what you can. One or even two weeks on the shelf won't completely destroy your progress. However, when you feel well enough (i.e. no fever, deep coughs or congestion), you can work on mobility and stretching at home, or even try a longer walk to see how your body responds. Most importantly, when getting back post-sickness, take it easy on that first run to see how you feel. The first week might be building back slowly to where you were. Practice patience with your body and recognize that REST is BEST - sometimes your body just needs to recover!

Supports the Bulldogs!

Stop & Shop has chosen the Boston Bulldogs as the beneficiaries of their Community Bag Program. Throughout the month of January, the Bulldogs will receive a \$1 donation for every \$2.50 Stop & Shop reusable Community Bag sold at the Stop & Shop located at 127 Samoset Street in Plymouth MA.

Mark your Calendar: Run for Recovery 2025

Sunday, May 18, 2025 is the date for our 2025 Run for Recovery 5K and Tribute. Registration will go live later this month! Don't miss out and share with everyone you know!



Welcome Jed Hresko - Operations Specialist

Jed Hresko has joined the Club as our Operations Specialist. He will assume much of the back-office activity - that has been so graciously and efficiently done over the past ten years by Shelley Isaacson - including state filings and oversight of financials and taxes.



Jed comes to the Bulldogs after twenty years as CFO with Burnham Rosen Group, a Boston-firm that provides leadership training, development and executive coaching to companies and organizations in multiple countries. He also has more than forty years of experience in community and

public service roles. During the “Boston Miracle,” Jed worked for the City of Boston in three roles and ran a \$6 million federal grant for high-risk youth that put 326 dropouts back in school, 300 into jobs, created 650 summer jobs; and won \$24 million in additional funding.

Weekly Runs

The Bulldogs organize five runs each week:

Mondays at 6:30pm at the Thomas Crane Library in Quincy, MA

Tuesdays at 6:30pm at Marathon Sports (9 Court Street) in Plymouth, MA

Thursdays at 6:30pm and **Saturday mornings** at 9:00am at the Chestnut Hill Reservoir, meet in the DCR Reilly Memorial parking lot A at 355 Chestnut Hill Avenue, Brighton, MA

Sunday trail runs at 8:30am (Locations vary weekly -- check the Facebook members page for info)

Community, physical activity and wellness are important tools for recovery and for life. Join us! We welcome runners and walkers and all those adversely affected by drug and alcohol addiction—people in recovery and their friends, caregivers, supporters and allies.

At each weekly run, announcements, a wellness tip and fellowship are shared. New members get the chance to introduce themselves and meet others.

Just show up!



Pickleball Anyone?

On December 14th members gathered at Bosse Sports in Hyde Park for some impromptu Pickleball! Community activities like this, a bowling outing last month and a planned "Polar Plunge" in February help keep spirits high during the cold months.



Polar Plunge

FREE!

Sunday February 2, 2025

11:30 am

Mound Street Beach in Quincy

Outreach

At least twice a week Bulldogs are spreading the good news of running and wellness at area recovery centers, hospitals, sober living houses and jails.



Full Circle

Organized by our Leaders, the Full Circle Program helps members set and achieve specific wellness goals. Participants work with Club mentors for six to eight weeks to integrate the Three Principles of the Club (Self-leadership, Transparency and Giving Back).

During the Fall we witnessed the powerful completion of two Full Circle rotations, culminating in "Full Circle Week" celebrations at each Chapter. For more information about the program ask a member of the Leadership Team or email Meaghan Langlois at meaghan@bostonbulldogsrunning.org.



Calling all Bulldogs!



JOIN US!!!

Join the Boston Bulldogs Running Club or renew your current annual membership! Annual membership fees are \$50 for individuals and \$75 for households of 2 or more.

If the annual fee is a barrier, please [contact us](#) or select the "sponsored membership" option on the application form.

Also consider making a donation to sponsor a member in need. Donations are used to cover race fees, running gear, transportation and other support.

A membership application form, payment options and description of benefits are available on our [website](#). Checks made payable to *Boston Bulldogs Running Club* can be mailed to:

**Boston Bulldogs | 3 Village Green North #311 | PMB703 |
Plymouth MA 02360**

We RUN on Donations!

Thank you for your support of the Boston Bulldogs and all these important programs.

2025 Annual Sponsorship details are now available! Please email Jim Keane at jimk@bostonbulldogsrunning.org for ways that you or your company can sponsor our programs and signature events like the *Run for Recovery 5K and Tribute* and our *BAA Boston Marathon Charitable Team* annually!

Your continued support of the Boston Bulldogs enables us to build a safe, welcoming community for ALL those affected by addiction. Your donations directly support our outreach efforts and vital programs as weekly runs/member support, Full Circle, Leadership, Giving Back, Meditation and More and the Junior Bulldogs.

DONATE

Sharing is a good thing...

Spread the good word about the Bulldogs!

Forward and share this email newsletter with your friends and contacts!



www.bostonbulldogsrunning.org
info@bostonbulldogsrunning.org

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