



A Message from the Executive Director

The Boston Bulldogs Running Club is the only running and wellness organization in Massachusetts focused on individuals in active recovery from drug and alcohol addiction, as well as their family members, friends, allies, and wellness and healthcare professionals.

More than just a running club, we are dedicated to the long-term journey of recovery through running, wellness, and community engagement. Research in exercise physiology has shown that running and exercise provide a physical, emotional, and spiritual "reset" which is especially beneficial for those affected by addiction who often experience high levels of anxiety and depression. When combined with the power of an accepting and dynamic community, the impact is incredibly powerful.

As we bid farewell to the cold of winter, we eagerly look forward to what lies ahead. As we spring forward, and continue to grow, we are excited to share some new faces, upcoming events, and the launch of a new website!

The message of running, wellness, and community is key to addressing the needs of all affected by addiction. Ultimately, it is a message of hope for the community at large, promoting a healthier way to live. Our organization reaches tens of

thousands of people every year. If you are not yet a member, we invite you to [join us](#)! Additionally, if you would like to [support](#) our mission and essential programs in ways beyond an annual membership, please feel free to reach out to me directly at jimk@bostonbulldogsrunning.org.

Thank you!

Jim Keane
Executive Director

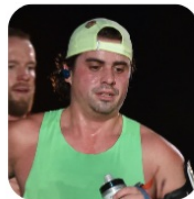
Boston Bulldogs Are Ready! **Meet Our Boston Marathon Team!**

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 an official charity partner of the Boston Athletic Association. In October, the BAA and Bank of America graciously awarded the Club 15 charitable bibs to allow members - and those who wish to support our mission - the opportunity to run the Boston Marathon while raising funds for the Club's programs. Training began on a snowy Saturday in December led by Paul Davies of Tufts University and Jack Fultz,

winner of the 1976 Boston Marathon. We are now just days away from the Marathon! To support our Marathon Team go here: [Support the 2025 Bulldogs Boston Marathon Team](#)

If you are looking for a place to watch the Boston Marathon and cheer on our Boston Bulldogs Team, join us any time anytime after 12:00 noon on Marathon Day, Monday, April 21st, in front of our Cleveland Circle office, located at 358 Chestnut Hill Avenue, Brighton, MA. Bring your vocal cords! See you there! To follow our Marathon Team on race day and all Boston Marathon runners, download the BAA tracking app: [B.A.A. Mobile App](#) | [Boston Athletic Association](#). Bib numbers for the Boston Bulldogs Marathon Team will be posted to our social channels on race weekend!

10th Annual Boston Bulldogs Run for Recovery 5K & Tribute on Sunday, May 18, 2025

Ten Years. One mission. Countless lives changed.

We're lacing up for the [10th Annual Boston Bulldogs Run for Recovery 5K & Tribute](#) this May, and YOU are invited to be part of something bigger than a finish line!

Whether you're walking, running, or cheering from the sidelines—this event is all about showing up for recovery, community, and wellness.

Sunday, May 18th | Franklin Park | In-person + virtual options

Let's move with purpose. Let's run for recovery. Join Jack Fultz, winner of the 1976 Boston Marathon, Representative Paul McMurtry (11th Norfolk District), Erika Hensel from Attorney General Andrea Campbell's Opioid Task Force, a Festival of local businesses and representatives from the recovery community and more. There will also be hundreds of runners and a moving Tribute to honor the memory of those who have been lost to addiction. To register to run and/or fundraise to support the Club, become a sponsor or make a donation for this event [click here](#).

[Register](#) before April 30th to receive a race t-shirt!!!



A Fresh New Look – Check-out Our New Website!!

Our refreshed website is officially live!

The [new site](#) showcases the many programs and activities that we are involved in; offers a more user-friendly experience; and includes weekly announcements.

A big shout-out to Mike Jarmuzewski of the Catalyst Acoustics Group and our marketing consultant, Mary Kingsley, for their tireless efforts over the past five months to drive this to the finish line. Also, a very special thank you to our very own Thomas Heins and the generous contribution of an anonymous donor for making this possible.

[Feedback](#) is most welcome. An additional feature of this new site is that changes can be made relatively fast.

Visit our
Website

Bulldogs in the News!



On February 2nd, 100+ Boston Bulldogs, family members, friends, and allies gathered for camaraderie and a quick dip at Mound Street Beach in Quincy, MA. Special thanks to Mayor Koch and the Quincy Police Department for ensuring the safety of our swimmers and Ted Wayman and WCVB-Channel 5 for covering the event!

Check out coverage [here](#)!



On March 23rd, NESN aired an interview with our very own Director of Programs and Outreach, Meaghan Langlois.

The piece will rebroadcast 80-90 times until the day of the Boston Marathon, reaching a regional and national audience of 7,000,000.

View it [here](#)!



David Consigli, Partner and Leader of FAZ Forensics--a new sponsor for the Boston Bulldogs--interviewed members of the Club for his *Run Boston 617* podcast. Recent guests included: Jim Keane, Coach Mike Ferullo, Heather McDonald, James McCabe, Kathy Quindley, Brandon Barry, Meaghan Langlois and Ashley Coffey.

Listen to each episode [here](#)!

A Must See Screening at the Shawna Shea Memorial Film Festival

This year's Shawna Shea Memorial Film Festival will include a screening of Bryan and Jack Cote's "Boston Bulldogs" documentary film. The screening will take place on Saturday, April 26th at 2:30pm at the Wellsworth Conference Center in Southbridge, MA. For more information, go to: [Mass Indie 2025 Schedule | shawnafoundation](#)

New in May: Trauma-Informed Yoga Workshop

Yoga complements running by stretching the muscles used the most, building core strength, endurance, and improving full-body breathing. However, it can also be helpful for individuals living with trauma. Recognizing that trauma impacts both the mind and the body, trauma-informed yoga teaches individuals how to respond to symptoms rather than react to them. Starting the first week in May, the Boston Bulldogs will offer a trauma-informed workshop to its members to help participants stay within the window of tolerance by fostering agency, choice and empowerment.

Drusilla Pratt-Otto has been practicing Vinyasa yoga since 2009. She became a certified Vinyasa yoga instructor in 2023 and has been clinically trained in trauma-informed and restorative yoga.



Thanks to Drusilla and our sponsors at Beacon Hill Athletic Clubs for hosting this Trauma-Informed Yoga Workshop each Wednesday evening in May (May 7, 14, 21, and 28) at the Beacon Hill Athletic Club in Brookline (279 Washington Street). Sign-up for one session or all four sessions. The cost for Boston Bulldogs members is free-of-charge. Register here: [Trauma-Informed Yoga Workshop Event Sign Up](#)

Want to Run Falmouth?



Want to run the historic **ASICS Falmouth Road Race** on Cape Cod this August? This year's race is on **Sunday, August 17th** and the Boston Bulldogs have 10 guaranteed bibs available. The fundraising commitment is \$1000.

This will be the second year in a row that the Boston Bulldogs have participated in the Falmouth Road Race Benefactor Program. Enjoy the views of Falmouth on this 7-mile course while giving visibility and financial support to the cause of recovery and wellness. For an application, send a quick email to info@bostonbulldogsrunning.org.

Bulldogs Invited to the State House

Please join **State Senator Michael Rush, State Representative Paul McMurtry** and Legislators representing Roxbury, Worcester, Needham, Newton, Brighton, Chestnut Hill, Plymouth and Quincy at the Massachusetts State House, 24 Beacon Street, Boston, Room 428 from 1:00-2:30pm on ***Thursday, June 12, 2025*** to discuss: ***The Life-Changing Example of the Boston Bulldogs: A Response to the Opioid Crisis.***

This is a unique opportunity for Jim, Meaghan and members of The Club to impress upon Massachusetts lawmakers the importance of running, wellness and community as tools for long-term recovery from drug and alcohol addiction.



Bulldogs Documentary Across America Tour

Bryan and Jack Cote's documentary, "The Boston Bulldogs" won "Best Health Film" from the Cannes World Film Festival and "Most Inspiring Woman in a Film" from the Los Angeles Film Awards. The documentary follows the stories of five runners interconnected by one woman's story. To view the trailer click [here](#); to see the uncut 90-minute version, [click here](#).

Due to an outpouring of inquiries from schools, universities and community centers from across the country, Bryan is creating a "Boston Bulldogs Across America Tour" to spread the message far and wide.



Creators of "The Boston Bulldogs" documentary about the running club for addiction recovery and wellness are taking the film on a tour to schools and communities nationwide

The Boston Bulldogs Documentary ... Across America Tour

Book tour for schools, civic organizations and recovery communities to:

- ✓ Experience and discuss documentary in a Q&A with the filmmakers
- ✓ Challenge attitudes about addiction
- ✓ Learn about power of a running club and community in **preventing addiction** and maintaining wellness
- ✓ Use for school assemblies, in-class guest speakers, evening events
- ✓ Enhance health, PE, athletic and Journalism student curriculum

Support The Tour

Sponsor a school or community with donations. Sponsor grant to help the Boston Bulldogs "Across America Tour"—for details, contact jack@thebostonbulldogs.com or bryan@thebostonbulldogs.com

Next Stop: US

Schedule for a daytime or evening session—or both—customized around or after to multiple schools or communities. Contact: bryan@thebostonbulldogs.com

About The Filmmakers

Veteran journalist Bryan Cote has published The Behavioral Health Beat since 1990 and has now back hosts the Imagine Sports podcast



Best Health Film, Cannes World Film Festival, 2024

Inspiring Woman In Film, Winner, LA Film Awards, 2024

Winner, Documentary, Rome International Movie Awards, 2024

Best Feature Documentary, Swedish International Film Festival

Best Student Film, Fukuoka Film Festival, 2025

Best Inspirational Film, Toronto Film Festival, 2025

Inquiries to Bryan Cote at 866.712.8966 or contact@thebostonbulldogs.com

Welcome Aboard, Sue Gabrieli!



On April 4, Dr. Sue Gabrieli was warmly welcomed to our Board of Directors. A familiar face at the runs at Chestnut Hill and on our Sunday morning trail runs, Sue is also an accomplished medical researcher in the area of precision psychiatry.

Susan Whitfield-Gabrieli, PhD is the Tommy Fuss Endowed Chair in Precision Psychiatry, the Associate Director of the [Center for Precision Psychiatry](#), Director of EPIC Lab and a member of the Harvard Medical School faculty. Dr. Whitfield-Gabrieli received her BS in Biophysics/Physics and then pursued graduate work in Mathematics (Ph.D./ABD) and in Psychology/Neuroscience (Ph.D.) at UC Berkeley. She has held Research Faculty positions at Stanford University and MIT, and also served as a Professor of Psychology at Northeastern University and Founding Director of the Northeastern University Biomedical Imaging Center (NUBIC).

Her works helps translate brain research into actionable clinical practices. With her expertise and deep connections to the Boston medical community, Sue is a wonderful new addition to our Board. Welcome!

Weekly Runs

The Boston Bulldogs organize [five runs](#) each week:

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

Tuesdays at 6:30pm at Nelson Park 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 information)

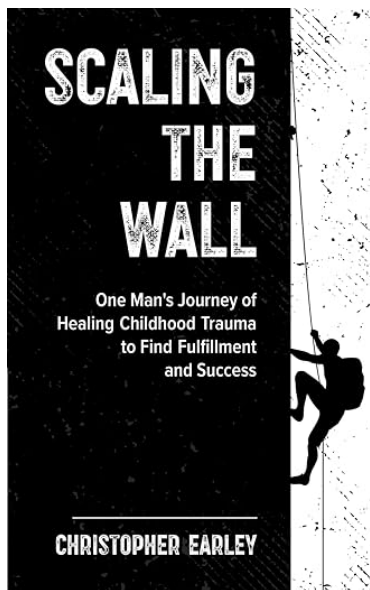
Community, physical activity and wellness are important tools for recovery and for life. Join us! We welcome runners and walkers and all those adversely affected by drug and alcohol addiction—people in recovery and their friends, caregivers, supporters and allies.

At each weekly run, announcements, a wellness tip and fellowship are shared.

New members get the chance to introduce themselves and meet others. This is [what a run looks like](#). Just show up!



Complimentary Book Exclusively for Boston Bulldogs Members



For a complimentary copy, contact:
info@bostonbulldogsrunning.org

Chris Early, founder and CEO of the Early Law Group and a dedicated supporter of the Boston Bulldogs, recently released a memoir detailing the profound impact of his upbringing, which was marked by addiction, homelessness and death.

Titled, "*Scaling the Wall*", the book explores how our past experiences often shape present reality, whether we realize it or not. Many individuals carry the weight of childhood struggles and trauma, which can hinder their progress and impede their success and fulfillment. This book delves into the common experience of bearing such burdens and emphasizes the importance of addressing and overcoming them.

Training Q & A with Will Campbell



Q: I don't have much equipment, what bodyweight exercises support running?

A: Even with a lack of equipment, it is possible to get resistance training through bodyweight exercises. In a pinch, split squats (foot elevated behind you or just flat on the ground) are my go-to. For hips and glutes, some type of single leg balance training, either standing statically on one leg, or reaching for a wall or stable surface on one leg is a good choice. For the upper body, pushups are a classic and proven strength builder. For the core, hit a variety of planks (high, low, side, and Copenhagen planks are your best bet). A little goes a long way!

Q: I run a lot in my current training program. How can I fit strength training in?

A: In general, most running programs are considered high volume. That is, the amount of stress and tension that your muscles and joints are exposed to is high. It is important to find 1-2 days per week (ideally on non-running days, or easy run days) to contrast this with LOW volume strength to stave off wear and tear. Usually, this requires no more than 8 repetitions of an exercise for only 2-3 sets. Stick to compound movements, where two or more joints are acting at the same time (for example, squats over leg extensions). Pick the 5 major movement patterns and hit each during a strength session: squat, hip hinge (deadlift or bridge variations), upper push, upper pull and core stability (think planks and pallet presses).

Q: I have heard squats and deadlifts are bad for my back. I want to do strength training, but don't want to injure myself. What can I do?

A: First, there is NO exercise that is inherently bad for you or increases injury risk. There are only exercises done without proper movement and intensity progressions. Injury rates while strength training are relatively low compared to other athletic endeavors. That said, if you want to do lower body work to hit your running muscles, start with bridge variations (single leg, feet elevated, band on knees, etc.). Reverse lunges (lunging backward instead of forward) are one of the safest knee dominant exercises you can do to support running. We don't all need 200lbs on our backs or to pull 300lbs from the floor (would be nice!) but starting small and making proper progressions is the way to go.

For any questions on strength training tips, email Will at wcampbell@beaconhillathleticclubs.com. Ask about a free consultation session!

Giving Back

Twice a week the Boston Bulldogs are

[spreading the good news](#) of running and wellness at area recovery centers, hospitals, sober living houses and jails. The Club has recently begun partnering with the [Y2Y Shelter](#) in Harvard Square.



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).

This winter 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 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 2-4 people.

If the annual fee is a barrier, please [contact](#)



[us](#) or simply use the "sponsored member" 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, description of benefits, and payment options are available on our [website](#).

We RUN on Donations!

Please email Jim Keane jimk@bostonbulldogsrunning.org for ways that you or your company can support our programs and signature events like the *Run for Recovery 5K and Tribute* and our *BAA Boston Marathon Charitable Team*!

Your donations directly support our outreach efforts and vital programs such as weekly runs/member support, Full Circle, Leadership, Giving Back, and the Junior Bulldogs.

Donate online at the link below or send a check made payable to *Boston Bulldogs Running Club* to:

The Boston Bulldogs Running Club
675 VFW Parkway, Suite 408
Chestnut Hill, MA 02467-3656

DONATE

Sharing is a good thing...

Spread the good word about the Boston Bulldogs!
Forward and share this email newsletter with your friends and contacts!



www.bostonbulldogsrunning.org
info@bostonbulldogsrunning.org



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