



This holiday season, we are especially thankful for the community of the Boston Bulldogs and to each of you who shares in our mission and help light up the darkness.

Be well,

Jim

*Editor's Note:*

**Boston Bulldogs and Jim Keane Featured in Yale Publication**

**This recent article** by **Timothy Cahill** on the Yale Divinity School website is a great read and provides insight into the enthusiasm and passion of our Executive Director.

---

## Meet the 2024 Marathon Team

We are thrilled to announce our official **BAA/Bank of America Charity Team** for the 2024 Boston Marathon! This year's team of 15 kindhearted warriors are gearing up to train together, and to raise awareness and much needed funds to support the Boston Bulldogs. Each has a story as inspiring as the next, including several Club members in recovery.



The Boston Bulldogs are excited to support all the miles and effort that will be put forth by this amazing team in the months ahead. We hope you will join us in cheering them along the way! Meet the team and follow their journey on our website and social media.

## Save the Date

Put the **2024 Run for Recovery 5K & Tribute** on your calendar for **Sunday, May 19, 2024!** We'll be gathering with members, family, friends and supporters at Franklin Park for the 9th annual event -- including the fantastic cross-country course, the Festival of Community organizations and businesses, and the Tribute to those who have been lost to addiction. Stay tuned for details and registration. Hope to see you there!

## 2024 Sponsorships

**2024 Boston Bulldogs annual sponsorships** for the **Marathon Team** and the **Run for Recovery** are available. **Contact us** if you have questions or would like more information about these sponsorship opportunities.

## Run Show USA at the Hynes January 27-28

Please join us at **Run Show USA** at the Hynes Convention Center on 1/27-1/28. Stop in and say hello at booth K38. Don't forget to use the code **BULLDOGS** for complimentary entry (valid until 1/30/2024) See you there!



## Event Highlights

### Mikes 5K

On October 14, forty Boston Bulldogs along with 800 other runners gathered in Milton, MA for the 2023 **Mike's 5K to Crush Substance Abuse**. Founded in loving memory of Michael Mulcahy, a former Boston Bulldog who died after a 10-year battle with addiction, the event seeks to erase stigma, spread awareness, strengthen treatment programs, and demonstrate the power of community and friendship in the battle against substance abuse. Since 2017, the race has raised more than \$490,000 for programs fighting substance abuse including generous donations to the Boston Bulldogs Running Club.



### Opioid Awareness

In September, the Boston Bulldogs placed 2,357 purple flags on the front lawn of Newton-Wellesley Hospital. Each flag represented one of the people lost to opioids this year in MA.



### Vista Point Neighborhood Walk

Neighbors and friends in Pine Hills turned out on a beautiful Sunday morning in October for a neighborhood walk to support the Club. Several Boston Bulldogs including Coach, Jim Keane and Plymouth-chapter members were in attendance to talk about the Club and its impact on the community of Plymouth. Thanks again to these good neighbors!

## Program Updates

Over a half-dozen members completed our **Full Circle** program this Fall by identifying and achieving wellness and recovery goals with the support of Boston Bulldog sponsors. We also welcomed two new Leaders--Mike and Barry--into our **Leadership Program**. The commitment to wellness and positive change we are witnessing every day has been incredibly rewarding to watch!

The **Junior Bulldogs** are keeping us young especially the kids from the **Italian Home for Children** in Roslindale, MA. We are visiting weekly to offer a wellness program full of running, activities, games, and crafts. They keep us on our toes, and we couldn't enjoy our time with them more!

On December 10th, the **Giving Back** program will be distributing food, clothing and needed toiletries to the homeless in and around Boston Common. On December





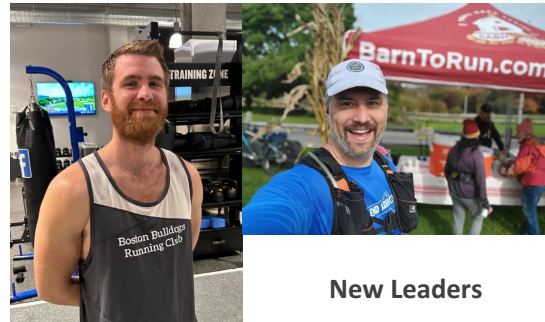
13th, we will be distributing warm clothing, gifts, and holiday cheer to the children of Algonquin Heights, a subsidized housing program in Plymouth, MA.



**Giving Back**



**Full Circle**



**New Leaders**

### **Junior Bulldogs**

#### **Weekly Runs -- "Just show up!"**

Our weekly roundup runs in Chestnut Hill, Plymouth, Quincy and Needham-area "trail runs" are the highlight of every week! Members come together in community to share support, wellness tips, and miles. Runners and walkers of all levels are always welcome.

Check out our weekly run schedule on the [website](#).

The Boston Bulldogs are also participating in a number of local races and events - check the [events calendar](#) for details!

For additional information email [meaghan@bostonbulldogsrunning.org](mailto:meaghan@bostonbulldogsrunning.org).



## **Calling all Bulldogs!**



### **JOIN US!!!**

Please consider joining the Club or renewing your current annual membership. Annual membership fees are \$50 for individuals and \$75 for households of 2 or more.

As always, if the annual fee is a hardship, please **contact us** or select the "*sponsored membership*" option on the application form.

Please also consider a donation to sponsor a member in recovery. Donations are used to pay for race fees, running gear, transportation and other support for members who need it.

A membership application form and description of benefits are 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**

---

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

Your continued support of the Boston Bulldogs mission and programs have enabled us to build a safe and welcoming community for ALL those affected by addiction. Your donations directly support outreach efforts and such vital programs as membership sponsoring, weekly runs, Full Circle, Leadership, Giving Back and the Junior Bulldogs.

**DONATE NOW**

---

**Sharing is a good thing...**

We appreciate your help in spreading the word about the Bulldogs.  
Feel free to forward and share this email newsletter with your friends and contacts!



[www.bostonbulldogsrunning.org](http://www.bostonbulldogsrunning.org)  
[info@bostonbulldogsrunning.org](mailto:info@bostonbulldogsrunning.org)

Boston Bulldogs Running Club | 3 Village Green North #311, PMB 703, Plymouth, MA 02360

[Unsubscribe \[bulldogsrunning@yahoo.com\]\(mailto:unsubscribe\_bulldogsrunning@yahoo.com\)](mailto:unsubscribe_bulldogsrunning@yahoo.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [info@bostonbulldogsrunning.org](mailto:info@bostonbulldogsrunning.org) powered by



Try email marketing for free today!