



June 2024

[Visit our website](#)

Letter from the Executive Director

The Boston Bulldogs have had a very busy spring! In addition to our regular programming (weekly runs, Junior Bulldogs programs, community-based Giving Back programs, outreach efforts at recovery centers and sober living houses, and Full Circle/Leadership programs), the last few months also included the excitement of the 2024 Boston Marathon team and our 9th Annual Run for Recovery 5K & Tribute.



Less public but similarly important activity included the culmination of a strategic planning update by our Board of Directors. The process will guide us as we move forward--- emphasizing member experience, while growing and deepening program support, outreach, and advocacy efforts on behalf of all those adversely affected by addiction.

In March we hired Kyla Speizer as *Marketing and Operations Specialist*. In April, our Director of Programs, Meaghan O'Sullivan Langlois, gave birth to a happy, healthy baby girl named Reighley! Mom, Dad, big sister Charley and Baby Reighley are thriving. In Meaghan's absence, Club Leaders have stepped up, ensuring that day-to-day operations continue without skipping a beat.

In April we convened marketers and fundraisers from various non-profits throughout greater Boston (Boston University, MIT, Dana Farber, South Shore Hospital, etc.) to work closely with me and the BBRC Board's Development Committee. This group will be our "eyes and ears" in the fundraising world, helping to promote the Bulldogs while identifying new opportunities and prospects.

Be well!

Jim Keane



Run for Recovery 5k & Tribute



On May 19th, Boston Bulldogs members and supporters took part in our 9th Annual Run for *Recovery 5K & Tribute* at Franklin Park. The rain and cold that day brought out the best in all of us!

The event was a tremendous community effort led by an amazing Planning Committee that included volunteers, sponsors, contributors, Club members and Leaders. Boston Bulldogs Ambassador and four-time Boston Marathon winner, Bill Rodgers, started the race...and was joined on the course by running legends Bob Hodge and Gerard Octaviano.

16-year-old Zack Heaton, running on behalf of "Team James," was the overall winner! Jen Krasco led all women to the finish. Susan von Arx was the first virtual finisher.

The Tribute portion of the event honored the memory of those who have been lost to addiction. This year's Tribute included heartfelt remarks by Heather MacDonald who, surrounded by her large extended family, spoke movingly about the loss of her brother, Jordan. To read Heather's remarks click [here](#).

Special thanks to photographer Jim McCabe for capturing the spirit of the day and to videographer Anne Bost for her video "recap" of the day (click [here](#) to view the recap). To listen to WBZ NewsRadio 1030 coverage of the day click [here](#).

And, a very special salute to the sponsors, festival participants, and so many other contributors who make this event and our community so meaningful.



Saluting the 2024 Run for Recovery sponsors and donors whose continued support has been so much a part of the Boston Bulldogs Running Club -- our mission, programs and community.

Lead Sponsors



Contributing Sponsors

- *Chaisson Family Foundation*
- *Dedham Savings*
- *Earley Law Group*
- *El Pelon*
- *Mass General/Newton Wellesley Community Collaborative*
- *Papile Family*
- *Team Ryan*
- *Village Bank*
- *Wegmans*
- *Whole Foods*

Donors

- *Boston Celtics*
- *Boston Red Sox*
- *Costco*
- *Foodies*
- *Guayaki/Yerbamate*
- *New England Patriots*
- *Heartbreak Hill Running*
- *Marathon Sports*
- *Market Basket*
- *Roche Brothers*
- *Wegmans*
- *When Pigs Fly*



Boston Bulldogs on the Boston Marathon Course!

On April 15th, 26 Club members participated in the 128th Annual Boston Marathon as qualified, invitational or charity runners.

Seven Club members ran as part of the Boston Bulldogs BAA official charity team of 15. The Team was attentively trained by Paul Davies and received guidance from Club Ambassador and 1976 Boston Marathon winner, Jack Fultz.

This year's official Boston Bulldogs Charity Team included: Evan Conley, Michael Goff, Blake Perlman, Heather McDonald, Melissa Kenney, Deirdre Koenen, Matt Williams, Cameron Prouty, Thomas Heins, Nicole Carlson, Nick Palen, Peggy Dupey, James Caldwell, Prashant Rao, and Mollie Ganser.



BANK OF AMERICA

OFFICIAL CHARITY



The Boston Celtics WON and so can you!

Thanks to the generosity of the Boston Celtics Shamrock Foundation, the Boston Bulldogs Running Club has received an authentic Boston Celtics basketball signed by members of the 2024 World Championship team!



From now until the end of June, each donation of \$25 to the Boston Bulldogs will give you the opportunity to win this amazing prize! Each additional \$25 donation will count as extra entry. The drawing will take place in early July!! [Enter the drawing.](#)

Boston Bulldogs Running Falmouth

On August 18th, look for a pack of Boston Bulldogs at the spectacular Falmouth Road Race! A team of 15 Boston Bulldogs are entered, plus a team of 5 Club members and supporters who will be raising awareness and funds to promote the Club. Check out the [team fundraising page](#) and consider making a donation -- or just cheer them on along the course!

2024 BBRC Member Survey

In January, we conducted a survey to better understand the needs of our members. The results will help us grow as an organization.

The survey informed us, for instance, that most members use the Facebook members page for Club information. Still, a significant number (51%) prefer email communication. An overwhelming number expressed satisfaction with the profound sense of community they feel in Club (97%) and appreciate the focus on wellness (81%). Among those in recovery, big numbers shared that the Boston Bulldogs had been helpful or very helpful in their recovery journey.

The survey also identified ways that we might grow. Over 91% of respondents participate in the weekly runs and many (50%) have been through Full Circle but 40% want to participate in other programs as well such as Giving Back and Junior Bulldogs. The "comments" section affirmed much of the mission of the Club and its embrace of people in recovery as well as for those who are allies or supporters. Some challenged us to explore ways to be even more inclusive and we will take those suggestions to heart.

Thank you to all who participated in the Member Survey!



Awesome BBRC Spin Fundraiser!

On May 2, long-time friend of the Bulldogs, Josh Fink, Equinox Gym, and Dr. Catharina Armstrong organized a Spin Class fundraiser for the 2024 Boston Bulldogs Marathon Team.

Program Updates

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 Nelson Park in Plymouth, MA

Thursdays at 6:30pm at the Chestnut Hill Reservoir

Saturday mornings at 9:00am at the Chestnut Hill Reservoir

Sunday trail runs at 8:30am (check the Facebook members page for location info)



Community, rigorous 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, supporters and allies. At each weekly run, announcements and a wellness tip are shared. New members get the chance to introduce themselves and meet others. Snacks and fellowship are usually shared as well. Non-running, social and wellness activities are also supported by the Club.

Just show up!!



Outreach

On May 10, five Club Members participated in a Boston Bulldogs recovery/wellness presentation at Charles River Recovery. Nice work Brendan, Jen, Ari, Alex, Jaclyn, and Matt.



Junior Bulldogs

Junior Bulldogs programs educate school-age children who are at high risk for substance use disorder and/or have been negatively affected by someone else's addiction.

Led by Club Leaders, Junior Bulldogs programs are wellness programs geared to youth, promoting the importance of wellness, self-care, and "recovery capital." We recently completed Junior Bulldogs programs at the Italian Home for Children in Jamaica Plain and at Algonquin Heights in Plymouth, MA.





Full Circle

The Club works with members through the Full Circle program to 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).



On May 4th we saw the powerful completion of one Full Circle program and on May 28th we saw the start of another. The current cycle will culminate the week of July 8th with celebrations at each Chapter. Check with the run coordinators or email us for more information about the program at info@bostonbulldogsrunning.org.

Make Meditation and More another tool in your wellness and recovery toolbox!

"Meditation and More" provides an opportunity to come together virtually to meditate, serving as a resource for those who want to learn about establishing a consistent meditation practice. The benefits of meditation practice can lead to deeper insight and compassion for us and others. Participants will also have an opportunity to learn from, engage with, and support one another in an integrative approach to wellness - through consistent effort, we can find deeper meaning, purpose, and our unlimited potential.



Effective July 1, the schedule will revert to one weekday morning session on Tuesday mornings at 7am with "Coach" Ferullo as the guide. We will continue the monthly Wednesday pm discussion sessions -- the next one is scheduled for July 17. All "Meditation and More" sessions are free and open to the public.

Thanks to Boston Bulldogs Matt, Andrew and Craig for their leadership and guidance as we build the program.

Your feedback is important as we continue to explore adding mindfulness to the

Boston Bulldogs Running Club toolkit. Please share your thoughts and observations with us at meditation@bostonbulldogsrunning.org. Check-out our updated "Meditation and More" schedule and links [here](#).

This Word Cloud was generated from the 2024 Member Survey. Respondents were asked: What do you like most about the Boston Bulldogs?



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 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

***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 weekly runs, Full Circle, Leadership, Giving Back, membership sponsorship 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
info@bostonbulldogsrunning.org

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

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



Try email marketing for free today!