



October 2024

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## Notes from the Executive Director

Every now and then we are reminded that we are not just a running club. Sure, we train marathon teams and introduce people, young and old, to the value of running, and wellness but we are also in the business of promoting wellness in many forms and building community. We build communities characterized by care, concern and unconditional acceptance.



In the Boston Bulldogs there is a palpable sense of community that is part of the secret sauce of recovery. It's an ingredient that is all the more important today because communities in our society are fraying and isolation is a growing concern. Not surprisingly, one of the key messages of the Boston Bulldogs is: "In isolation we suffer; in community we heal."

Community is one of the hallmarks of our Club and traces back directly to Coach and Shelley and the welcoming acceptance that they offer everyone who comes into their orbit.

Over the summer the Boston Bulldogs built community, rain or shine,

during weekly runs, community nights of pizza and ice-cream, in recovery centers, sober living houses, at the Falmouth Road Race and by participating in the grueling 200-mile Ragnar Relay in Maine. Events related to September's Recovery Month saw Bulldogs planting purple flags on the lawn at Newton-Wellesley Hospital and participating in recovery vigils and festivals throughout the greater Boston area and the South Shore. We have also initiated a new Junior Bulldogs program at Cristo Rey High School in Dorchester where we are introducing at-risk young people to wellness and shoring up recovery capital.

Our Club is growing and solidifying. We are establishing sound policies and procedures, learning how to navigate the grant writing process, partnering with others and extending our reach to deepen member experience. We are learning how to succinctly talk about our mission to others and actively building communities of support, care and concern for people in need. We are introducing young and old to the value of wellness, and proclaiming the idea that a deep sense of community is important for all those affected by addiction.

Be well,

Jim Keane  
*Executive Director*

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***Boston Bulldogs Recognized as 2025 Bank of America Boston  
Marathon Official Charity --  
Thank you BAA and Bank of America!***

For the fourth year in a row, the Boston Bulldogs Running Club has been recognized as a Boston Marathon Official Charity. This is a wonderful, public



validation of our work and vital mission.

If running the Boston Marathon for the Boston Bulldogs is on your bucket list or if you have ever imagined yourself crossing the iconic Boylston Street finish line in the world's greatest marathon, email us at [marathon@bostonbulldogsrunning.org](mailto:marathon@bostonbulldogsrunning.org) for more information and application details.

### *In August, the Boston Bulldogs Took Falmouth....*

On August 18th, the Boston Bulldogs participated in the spectacular Falmouth Road Race! Wearing BBRC racing singlets, a team of 15 Boston Bulldogs entered through the race lottery. In addition, Coach Mike Ferullo and four others participated as a Charity Team, raising just under \$5,000 for the Club.



### *....in September they Conquered the Maine Ragnar!*



During the weekend of September 13-15, a team of some 13 hearty Boston Bulldogs came in second overall in the Ragnar Race, a grueling, three-day-long, 200+mile relay race along the Maine Coast.

## *It's Going to Be Fun! First-Ever BBRC Comedy Night!*

Get your tickets now to see some of the best comedians in Boston at a Boston Bulldogs Comedy Night Fundraiser on Saturday, November 9th! The event will be held at the *Fox and Hound Tavern* in Quincy, MA. Comedian Dan Boulger—the winner of the Boston Comedy Festival— is leading this comic effort in support of the Boston Bulldogs. **Tickets at \$35.00 each are going fast!**



**COMEDY FUNDRAISER**

**Boston Bulldogs Running Club**

**Sat, November 9th • 8:00 PM • Tix \$35**

Fox & Hound Wood Grill and Tavern  
123 Sea Street, Quincy MA

**Raffles • 50-50 Drawing • Silent Auction**

**Dan Boulger**  
Emily Ruskowski  
Pat Collins  
Ari Elinson

SCAN FOR TIX & INFO

[bulldogscomedynight.eventbrite.com](https://bulldogscomedynight.eventbrite.com)

Questions/Information: [info@bostonbulldogsrunning.org](mailto:info@bostonbulldogsrunning.org)

## *Boston Bulldogs & HOKA & Marathon Sports*





On September 19th, over forty runners participated in a Boston Bulldogs/HOKA Wellness Night at Marathon Sports in Cambridge, MA.

Since April, HOKA has generously donated to the Club over \$4,000 in running shoes for members in need, those involved in Full Circle and for our Junior Bulldogs runners.



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## *September Recovery Month*

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Throughout the Recovery Month of September, the Boston Bulldogs were visible at various recovery events from Quincy to Waltham, Brighton to Cape Cod, Wellesley to Newton and Brockton.



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## Program Updates

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### 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 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!!



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## Outreach

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



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## Junior Bulldogs





In September the BBRC launched a new Junior Bulldogs program at Cristo Rey High School in Dorchester. The program aims to help this inner-city school develop an after-school activity culture while teaching at-risk young people to engage in their own wellness and develop recovery capital for times of adversity. Meeting twice weekly for eight weeks, the program will culminate with a run with the Boston Bulldogs on November 2nd at Chestnut Hill Reservoir. Special thanks to Cristo Rey Principal, Dr. Tom Ryan, Athletic Director, Sam Golden, and faculty coach Maggie Flaherty for their support in this effort.

The Junior Bulldogs program is generously supported by a Boston Athletic Association Giving Back grant and funds from the Road Runners Club of America and many other businesses and organizations through annual BBRC sponsorships.

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## 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 summer we witnessed the powerful completion of two Full Circle rotations, culminating in "Full Circle Week" celebrations at each Chapter. Check with weekly run coordinators or email us for more information about the program at [meaghan@bostonbulldogsrunning.org](mailto:meaghan@bostonbulldogsrunning.org).

This week we received a generous gift of \$5,000 from the Greater Boston Council on Alcoholism to support further training and development of our



Leadership Team.



## 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 directly at [jimk@bostonbulldogsrunning.org](mailto: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 continue to build a safe, welcoming communities 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 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)

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