



FALL 2023

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Exciting news for Boston Bulldogs members, supporters and friends

We are excited to introduce the Boston Bulldogs Running Club Executive Director, Jim Keane, who will lead the Club into our next chapter of growth and impact effective 9/05/23.

Jim brings with him a wealth of experience in nonprofit leadership, education, and community building, making him the ideal leader to guide our organization. Jim has decades of experience passionately leading non-profit organizations. His personal, academic and professional focus has centered on the importance of creating community. He holds a BA from Iona College, an MA in administration from Emmanuel College, an MDiv from Yale, and a PhD in social ethics and theology from Marquette University.



The founder of several service organizations, Jim also served for years as Board Chair of the NGO International Partners in Mission and chaired the Alumni Advancement Committee for Yale Divinity School. He is currently a delegate to the Yale University Board of Governors. Jim's leadership on various boards and committees has spurred fundraising efforts to elevate institutions and causes he believes in. A work-out and wellness enthusiast, he is a former high school cross-country coach and distance runner who completed the Boston Marathon three times. Jim and his wife Eileen have been married for 32 years and are the proud parents of three grown children.

Jim's achievements speak volumes about his capacity to drive transformative change - his innovative thinking, collaborative approach, and dedication to our mission align perfectly with our goals for the future. With his guidance, we will continue to build on our community of support for individuals in recovery; their families, friends and

caregivers; healthcare and wellness professionals -- and the community-at-large. We are confident that under his leadership -- together with Director of Programs and Outreach Meaghan Langlois, the Club's Board of Directors, Ambassadors, members and Leaders, -- our organization will thrive and inspire positive transformation in service of its mission to promote wellness and recovery for ALL those affected by addiction.

As Jim takes the helm as Executive Director, we invite all members of the Bulldogs Running Club community to join us in welcoming him. Thank you for being part of this incredible journey with us. We are excited to see where we go next.

Stay well,

"Coach"



September is Recovery Month

National Recovery Month (Recovery Month), started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

The Boston Bulldogs Running Club will participate in a variety of activities during September in celebration of recovery and wellness. [Join us.](#)

The Boston Bulldogs Selected as a Stop&Shop Community Bag Program Beneficiary in Plymouth

Plymouth, MA – The Boston Bulldogs Running Club has been selected as a beneficiary of the Stop & Shop Community Bag Program for the month of September by store leadership at the Stop & Shop located in Plymouth. The Stop & Shop Community Bag Program, which launched in May 2019, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work. The Club will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during September.

"The Boston Bulldogs are honored to be selected as beneficiaries of this program." said Michael Ferullo, Club founder and Plymouth resident. *"Especially since September is Recovery Month, we appreciate the generous support of Stop & Shop for our Plymouth chapter and the Club's programs throughout the year."*

For more information on the Stop & Shop Community Bag Program, visit stopandshop.2givelocal.com.



Program Updates



Junior Bulldogs



Giving Back



Overdose Vigil

Nothing but summer fun with our **Junior Bulldogs** program! We just wrapped up our Summer Run Program with the kids at the Italian Home for Children and what a blast we all had!

The **Giving Back** program has been busy in all 3 of our local run communities. In total, our members packed up over 250 backpacks filled with urgently needed supplies and donated them to local shelters and subsidized housing communities around Plymouth, Boston and Quincy.

Full Circle is shaping up for another active cycle in the Fall with dozens of members and a healthy collaboration with Inner City Weightlifting.

Last but certainly not least, we showed support with a resource table at this year's **Brockton Area Prevention Collaborative/2023 Annual Overdose Vigil by Candlelight**. We were grateful to be a part of this important day as we paused to remember and honor all the lives we have lost to addiction within our community and beyond.

For more info on these programs or on weekly runs check out our website or email meaghan@bostonbulldogsrunning.org for details.



Calling all Bulldogs!

Weekly Runs

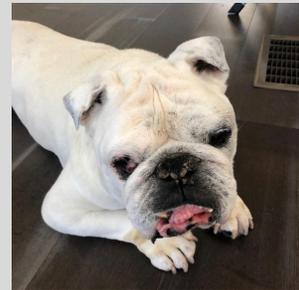
Boston Bulldogs weekly runs in Brighton, Plymouth and Quincy are the highlight of every week! Members come together in community to share connection, wellness tips, and of course a few miles. Runners and walkers, of all levels, continue to "just show up" and we hope you will too!

Check out our weekly run schedule on the [website](#). Boston Bulldogs are participating in a number of local races and events - check the [events calendar](#) for details!

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 at info@bostonbulldogsrunning.org or select sponsored membership on the application form.



Please also consider a donation to sponsor a member in recovery, which includes race fees, running gear and support to Club members who need it.

The membership benefits and application form are on our [website](#) - you can pay online or by check. Checks 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 continuing support of the Boston Bulldogs mission and programs enables us to continue to build a safe and welcoming community for ALL those affected by addiction through outreach and programs including sponsored membership, weekly runs, Full Circle and Leadership, Giving Back and 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

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