October 2025

Visit our website

Our community is growing!

Since the start of the year, **124** new members have joined our ranks, bringing our total membership to over **630**. Our 6-week Full Circle orientation program is bursting at the seams with **20** participants, a new record for us. Each week, more newcomers lace up for our weekly runs and for the **5th** year in a row we have been honored as an official charity partner with the Boston Athletic Association. We have been awarded **15** coveted bibs for the 2026 Boston Marathon, and our Team is forming now. On September 26th we were thrilled to receive the prestigious Graymoor Award from the Franciscan Friars of the Atonement at a black-tie gala in Manhattan. On October 18th at Pageant Field in Quincy we will celebrate our **10th** anniversary with a celebration picnic for all.

Our Worcester weekly run is drawing runners and walkers to Lake Quinsigamond State Park each Wednesday evening at 6:30pm. The afterschool Run Club at Cristo Rey Boston High School in Dorchester is also underway and we are launching a second round of programming at the Whittier Street Health Center in Roxbury. In the past two weeks, we have received generous grants from the Road Runners Club of America, the Hamilton Foundation, and the Greater Boston Council on Alcoholism. By every measure, the Bulldogs

are expanding, making a bigger impact, and supporting more individuals in recovery along with their friends, families, and allies.

Jim Keane
Executive Director

10th Anniversary Celebration

On Saturday, October 18th we will celebrate our 10th anniversary as a nonprofit organization at Pageant Field in Quincy, MA from 12:00-3:00pm. The low-key, family-friendly event will be a celebration of our past, present and future as well as a chance to acknowledge our indebtedness to our founders, “Coach” Mike Ferullo and Shelley Isaacson. This free event is open to all members, friends and allies. **RSVP**

Welcome Aboard Michael and John!

The Boston Bulldogs are excited to announce two new members of our Board of Directors. Michael Goff and John Mulcahy bring with them valuable experience and strong community connections. Michael and John are well-known in our Club and share a deep commitment to our mission. They join an active 14-member Board of Directors that provides oversight, long-term planning, and help with fundraising. To learn more about Michael, John, and the rest of our Board, click here.

Michael Goff

John Mulcahy

Bulldogs Prepare for 2026 Boston Marathon!

BANK OF AMERICA
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CHARITY PROGRAM

For the fifth year in a row, the BAA and Bank of America have recognized the Boston Bulldogs as an official charity partner. The Team is being formed now. Interested in being part of it? We are looking for candidates who embrace our mission, have the ability and desire to complete the Boston Marathon in less than 6 hours and are undaunted by a steep fundraising commitment of $10,000. Please apply by clicking the application link and emailing it to marathon@bostonbulldogsrunning.org!

Bulldogs Take Manhattan: Sharing Hope Celebration

On Friday, September 26th, Fr. Emil Tomaskovic, SA, Minister General of the Franciscan Friars of the Atonement, presented the Graymoor Award on behalf of the worldwide religious order. The ceremony was held at the Pierre Hotel in New York City during the 32nd annual Sharing Hope Celebration Dinner. The 2025 honorees included Kevin M. Ryan, former CEO of Covenant House and producer of the Broadway shows “Ragtime” and “The Outsiders,” Dr. Jim Keane, Executive Director of the Boston Bulldogs Running Club, and former New York Governor George Pataki. In the photo above with Fr. Emil, each recipient stands with their spouse: Kevin M. Ryan with his wife, Clare; Jim with his wife, Eileen; and Governor George Pataki with his wife, Libby. The prestigious event was also attended by Club members Meaghan and Conan Langlois, Board member Thomas and Dana Heins, Bryan and Janine Cote, and Board Chair Sarah Cloud.

TARC Fall Classic in Carlisle

Bulldogs showed-up in force at the TARC (Trail Animal Running Club) Fall Classic on Saturday, September 5th joining some 700 runners and "Trail Animals" in competitive distance options that included 10K, half marathon, 20-mile, 50K, and 50-mile races. Congratulation to our very own Patrick Caron (pictured on right) for organizing this extraordinary event!

Cristo Rey Boston High School "Run Club"

In late August the Boston Bulldogs Running Club launched an eight-week Junior Bulldogs “Run Club” at Cristo Rey Boston High School on Savin Hill in Dorchester. The program introduces high school students to running, wellness and community as lifelong tools. The training modules were developed by Boston Bulldogs Ambassador, Becca Pizzi who, in 2016 was the first American woman to complete the World Marathon Challenge. Becca now holds the women’s world record at the North Pole Marathon. Reflective, Bulldog-inspired components of the program were developed by our Director of Programs and Outreach Meaghan Langlois.

The Junior Bulldogs program is generously funded by a Boston Athletic Association “Gives Back” grant. Jim Keane and Meaghan collaborate with Alex Burke and Ari Ellison to lead the twice-a-week program. Special thanks to the BAA, Cristo Rey High School President Rosemary Powers, Principal Dr. Tom Ryan, Athletic Director Sam Golden and faculty member Ryan Silberg for partnering in this worthwhile effort.

What The Ruck?
Blue Hills Backpack Retreat a Big Success!

The July 12th Boston Bulldogs “Rucking Retreat” was incredible! “Rucking” involves running and hiking with a weighted backpack. The three-hour event in the Blue Hills was a perfect way to connect with nature and fellow Club members. Special thanks to Evolving Mind & Body, LLC for making it happen!

Leadership Team Training at Cathleen Stone Island

On Saturday, July 19th our Leadership Team participated in a full day program focused on group dynamics and leadership skill training at the Outward-Bound Professional program

on Cathleen Stone Island. The program was generously funded by a grant from the Greater Boston Council on Alcoholism. Ellen Harris, an Executive Coach at Harvard Business School, designed the program for us. Ellen has worked on the island for over 30 years and has hosted similar events for a wide range of organizations including the Boston Bruins.

Bulldogs Giving Back Programs

A "Boston Bulldogs Running a Wellness Presentation" is a chance for members to share the importance of physical activity and community as life-long recovery tools. Members regularly visit area recovery centers and sober living houses. The above picture was taken after a Friday evening presentation at Charles River Recovery in Weston, MA.

Members of the Boston Bulldogs also regularly share the importance of physical activity and community at Hope Beyond Hope, a sober living home in Weymouth, MA (above) and at Rockland Recovery in Milton, MA.

September was filled with various vigils, gatherings and events to commemorate Recovery Month. On September 17th Jim Keane and Board member Dr. Catherina Armstrong joined State Senator Marian Ryan and the mothers of SOAR Natick for the annual Purple Flag Ceremony at Newton-Wellesley Hospital.

Falmouth Road Race Recap

On August 17th, ten Club members participated in a Bulldogs Charity Team for the 53rd running of the iconic Falmouth Road Race as part of the Falmouth Road Race Benefactor Program. The Team raised over $11,000 to support our vital programs. Dozens of other Bulldogs also participated, joining some 11,000 runners to conquer the 7-mile course. The weather was warm and humid, the scenery spectacular!

New Bulldog Programs in Roxbury

Thanks to Whittier Street Health Center CEO, Frederica Williams, clinical social worker, Christine Pajarillo, and the good people at the Whittier Street Health Center the Boston Bulldogs are establishing a presence in Roxbury. Last August's pilot program demonstrated that there is interest in daytime running and wellness programming. A Fall/Winter program will kick-off within the next two weeks.

Who's Got Our Back Q &A

Q. What are the most common injuries for runners?
A. Low back pain, plantar fasciitis or other foot pain, IT band syndrome, and knee pain.

Q. How might those injuries be avoided?
A. Warming up before exercise, stretching after exercise, wearing supportive shoes with custom orthotics, and getting adjusted!

Q. What is an "adjustment"?
A. It is a hands-on technique to correct spinal misalignments, improve joint mobility, and reduce pain by restoring proper function.

Q. If I have back pain, should I just "run through it"?
A. NO! If you are having back pain, you should get checked by a chiropractor or provider to determine what is causing the back pain and get it fixed.

Q. How do I know if my spine is not aligned?
A. A key sign is poor posture. If your shoulder or hips are out of balance or your head is bent forward it's a good bet that problems are brewing. Two other common signs are pain and the inability to move through a normal range of motion.

Q&A courtesy of Charles Street Family Chiropractic, a strong supporter of the Bulldogs. For 35 years they have been helping people get out of pain—naturally and drug-free—by improving posture and spinal alignment.

Reliant Foundation Road Race 5K

On Saturday, October 4th, Worcester Bulldogs participated in the Reliant Foundation 5K on the shores of Indian Lake. Congrats to Sam for coming in among the top 12 and to Meaghan, Ashley and Jane for winning their respective age groups. Kudos to Karen on her first road race and special thanks to Wanda for helping to staff the Bulldogs resources table!

Community Gatherings

Sure, the Bulldogs host six weekly runs and walks in five locations each week and organize several other vital programs but we also make a point of gathering regularly for special community events that might include smoothies, fish tacos, pizza, burritos, breakfast (?) or ice cream! These community gatherings underscore our philosophy that running, wellness ***AND*** community are the “secret sauce” of the Bulldogs. The opposite of addiction is connection and community.

Weekly Runs

The Boston Bulldogs organize six 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. (April 1 - November 30); Marathon Sports, Plymouth, MA (December 1- March 31)

Wednesdays at 6:30pm at Lake Quinsigamond State Park, Worcester, MA (283 Lake Avenue). (April 1 - November 30); Sneakerama, Worcester, MA (December 1- March 31)

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 out ourWeekly Announcements for information)

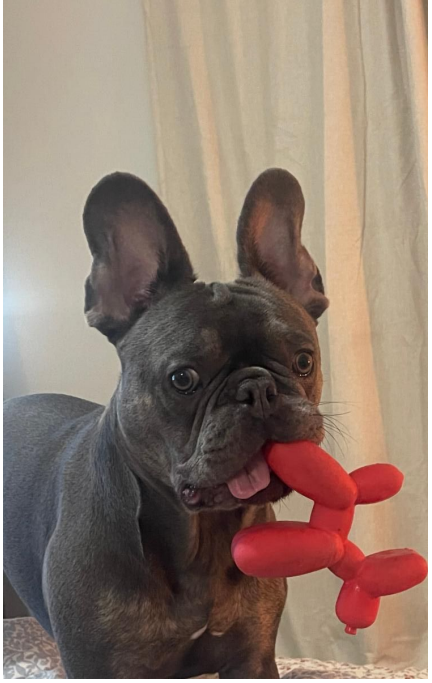
Community, physical activity and wellness are important tools for recovery and for life. Join us! We welcome runners, walkers and all those adversely affected by drug and alcohol addiction—people in recovery and their friends, caregivers, supporters and allies.

At each weekly run we share announcements, a wellness tip and fellowship. This is what a run looks like. **Just show up!**

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 you are in financial need, simply apply as a "*sponsored member*" on the application form and we will waive the fee.

Extra donations are used to provide t-shirts, running shoes, gear, jackets, and race fees for those in financial need. (60% of our new members come from recovery centers or sober living homes without financial or family support).



A membership application form, description of Club benefits, and payment options are available on our website.

We RUN on Donations!

Email Jim Keane at jimk@bostonbulldogsrunning.org for information on how you, your company, friends or colleagues can support our programs and signature events like the ***February 1st Polar Plunge***, ***May 17th Run for Recovery 5K and Tribute*** and our ***2026 BAA Boston Marathon Charitable Team***!

Donations directly support our outreach efforts and vital programs such as weekly runs, member support, Full Circle, Leadership Team, Giving Back, and the Junior

Bulldogs.

To donate online, visit the link below or send a check made payable to*Boston Bulldogs Running Club* to:

The Boston Bulldogs Running Club
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