January 2026

Visit our website

A Year of Growth for the Boston Bulldogs!

2025 was a year of unprecedented growth for the Boston Bulldogs Running Club. This year: we:

- Organized **286** weekly runs, providing community and support for individuals adversely affected by drug and alcohol addiction

- Led **121** community and “Giving Back” events at shelters, sober living houses, recovery centers, schools, correctional facilities, recovery festivals, vigils and road races.
- Hosted **20** Junior Bulldogs sessions for at-risk youth and **30** Full Circle orientation programs for new members.
- Expanded our reach into **Worcester** and **Roxbury**.
- Fielded charity teams for the **Boston Marathon**, **Falmouth Road Race**, **Cambridge Half Marathon** and hosted our largest-ever **Run for Recovery 5K**.
- Hosted our first-ever Polar Plunge at Mound Beach in Quincy, MA (It was 10 degrees…)
- Celebrated the Club’s 10th anniversary in October. **172** Bulldogs attended.
- Grew by **142** new members. We now have **645** members.
- Saw the *Boston Bulldogs* documentary film produced by Bryan and Jack Cote win accolades in Toronto, Los Angeles, and Sweden and at the Cannes Film Festival. It was also named Best Student & Health Film in 2025 by the Cannes World Film Festival for its depiction of resilience amidst addiction recovery. See here.
- Saw our Director of Programs and Outreach, Meaghan Langlois, profiled by NESN. The piece was broadcasted regionally and nationally. See here.
- Saw Executive Director Jim Keane receive the prestigious Graymoor Award on behalf of the Boston Bulldogs from the Friars of the Atonement at a black-tie affair at the Pierre Hotel in New York City
- Received generous grants from the Road Runners Club of America, The Greater Boston Council on Alcoholism, The Reliant Foundation, The Saucony Foundation, The Hamilton Foundation, High Winds Social Impact and, in December 2025, a **$25,000** MA State earmark.

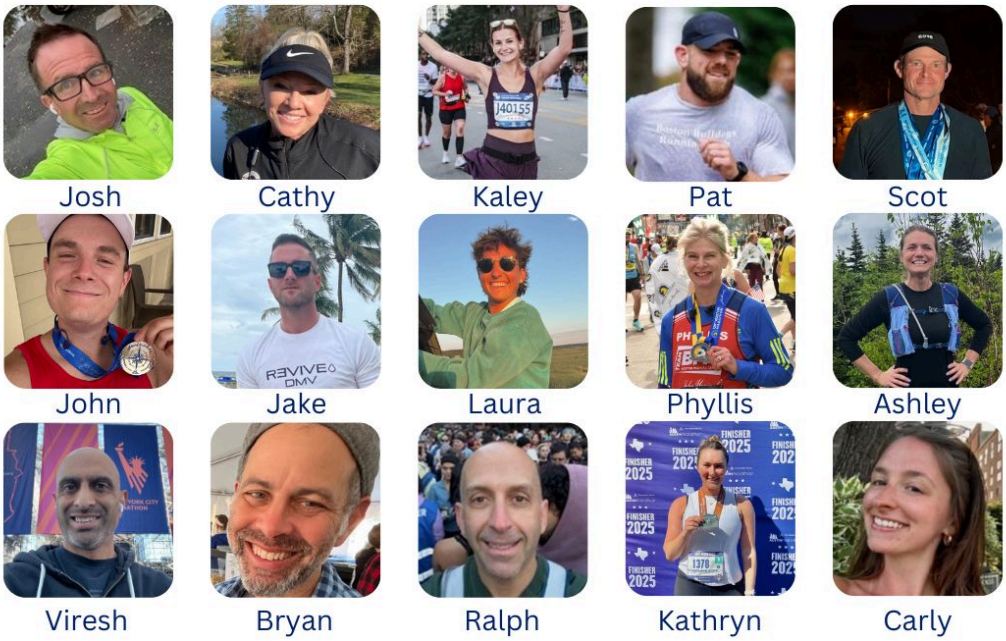
Jim Keane
Executive Director

BBRC 2026 Boston Marathon Charity Team

2026 BOSTON BULLDOGS RUNNING CLUB

BOSTON MARATHON TEAM

BANK OF AMERICA BOSTON MARATHON CHARITY PROGRAM



On Saturday, December 20th our ***2026 Boston Marathon Team*** kicked-off its first long-run at Chestnut Hill Reservoir. The run was followed by coffee and a light breakfast in the Bulldog's Chestnut Hill Avenue office. For the fifth consecutive year, the Boston Bulldogs have received fifteen charitable bibs from the Boston Athletic Association. The Club sorted through over 120 strong applications from experienced runners who aligned with our mission and were not daunted by the $10,000 fundraising challenge.

Since it was announced on social media on November 21, our 2026 Boston Marathon Team has raised $97,091, 55% of its target. See: 2026 Marathon Team. If you are training for the Boston Marathon as either a qualified runner or on behalf of another worthy charity, consider participating in long-runs with the Boston Bulldogs. The more the merrier! You can catch us through the Heylo platform.

Take the *Plunge*!
Sunday, Feb. 1st at Mound Beach, Quincy!

What could be better than a quick dip in the ocean on one of the coldest days of the year followed by hamburgers and hotdogs right off the grill? For the second year in a row, the Boston Bulldogs will host a Polar Plunge at Mound Beach in Quincy, MA. Last year's event attracted over 150 individuals from the recovery community. This year's free event promises to be even larger. If you are willing to help sponsor this event, please click here. Sponsors and supporters of the event will be promoted through our social media and get placement on our Boston Bulldogs Polar Plunge Towel.

This is a FREE event, but donations are accepted and merchandise will be sold to help support our 2026 Boston Marathon Team. Register today!

Hello Heylo!

Sure, we are still on Facebook and we will continue to be there. However, our members are now also communicating and collaborating through the app called Heylo. If you haven't already, join us on Heylo for weekly run details, club events, weekly announcements and the Boston Marathon Team training schedule.

Bulldogs Attend Urban Nutcracker ---Thank you City of Boston Ballet!

Special thanks to Anthony Williams, Founder & Artistic Director of City Ballet of Boston, and the Boch Center for generously donating 60 tickets to the Boston Bulldogs Running Club. This allowed our members, families and friends to experience the Urban Nutcracker at the Shubert Theatre on Sunday, December 21st.

For many it was their first time experiencing live dance in a professional theater. Our community was inspired by the dancers' athleticism and the dynamic mix of ballet, hip-hop, and tap. It was especially exciting to see Boston landmarks like Fenway Park, the Public Garden, and Revere Beach woven into the performance.

Ask Will Campbell of Beacon Hill Athletic Clubs

BEACON HILL
ATHLETIC CLUBS

Q: “I’m new to running. I have heard it is important to ‘cross-train’ to help prevent injury and boost performance, but I’m not sure where to start?”
A: It can be overwhelming, especially at this time of year, to figure out where or how to start with your cross-training. There is an abundance of information thrown at us through social media, advice from friends, and fitness spaces all advertising their services. Instead of sifting through endless amounts of outside noise, try doing a self-evaluation in this order:

1.) Do you experience significant pain anywhere during or after a run? If so, seek a referral to Physical Therapy for an evaluation. There may just be a handful of exercises you can and should be doing pre, post or in between running sessions. Remember: a little bit goes a long way!

2.) Do you feel your stamina or power/speed is lacking? If so, consider high-intensity interval training (HIIT) workouts 1-2 times per week to boost your power and ability to endure at faster speeds for longer. These can take many forms, like spin classes, bodyweight/plyometrics, or specific sprint-style running sessions.

3.) Have you ever done any kind of weight or resistance training? If not, this is something to seriously consider adding. Muscles are the engines of your body. Stronger muscles means more power, more force absorption, and stronger bones/tendons. This goes a long way in injury prevention and performance.

Jim Keane on Runnah Podcast

In the latest Runnah podcast, Julianna Coughlin interviews Jim Keane, the Executive Direct of the Boston Bulldogs Running Club. They discuss the significance of a community centered around running, resilience, and supporting one another in meaningful ways. Keane explains how the Club evolved beyond a simple running group, emphasizing its role as a support network, charity team, and a positive influence for individuals in recovery as well as their friends, family members and allies. Listen to the full podcast episode here: Saving Lives and Inspiring Sobriety with Boston Bulldogs Running Club

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MA Coalition for the Homeless Winter Walk

Boston's Winter Walk fundraiser supports the Massachusetts Coalition for the Homeless and will take place on ***Sunday, February 8th at 10:00am*** in Boston Common. The Ignatian Spirituality Project (ISP), a nonprofit that assists individuals transitioning out of shelters and prisons, will receive some of the funds raised. ISP is organizing Winter Walk participants from Boston College, B.C. High School and St. Ignatius Church and has also invited the Boston Bulldogs to join them. To register: Ignatian Spirituality Project Boston Fundraising Page for Winter Walk 2026 Boston. If you are a member and need a discount code to participate please email: info @bostonbulldogsrunning.org.

Become a Sponsor

Given the momentum of 2025, please consider supporting the Boston Bulldogs as a **Donor** or **Sponsor** for our 2026 signature events:

- ***Polar Plunge****: Sunday, February 1, 2026*
- ***Boston Marathon Charity Team****: Monday, April 20, 2026*
- ***Run for Recovery 5K & Tribute****: Sunday, May 17, 2026 (Franklin Park)*

You can donate directly or email info@bostonbulldogsrunning.org to discuss specific sponsorship tiers and benefits. For more information.

You can make a contribution immediately:

- Online: Make a gift securely by clicking here.
- By Mail: Send a check payable to "Boston Bulldogs Running Club" to: Boston Bulldogs, 675 VFW Parkway, Suite 408, Chestnut Hill, MA 02467-3656

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 Marathon Sports, Plymouth, MA (December 1 - March 31)

Wednesdays at 6:30pm at 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 -- join us on Heylo to stay up to date)

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!**

RENEW your Club Membership!

If you recently joined the Club within the last few months, please disregard this message—we are so glad to have you with us!

For our long-standing members, its time to renew your membership for the coming year. You can complete your renewal via credit card through our Online Membership

Portal .

We believe that community should be accessible to everyone; if membership dues present a financial strain, simply check the “Member Support” box on the form, no questions asked.

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. See Where Donations Go!

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

The Boston Bulldogs Running Club
675 VFW Parkway, Suite 408
Chestnut Hill, MA 02467-3656

DONATE

Sharing is a good thing...
Spread the good word about the Boston Bulldogs!

Please forward and share this email newsletter with your friends and contacts!

www.bostonbulldogsrunning.org
info@bostonbulldogsrunning.org