



Brigham and Women's Hospital
Founding Member, Mass General Brigham

**STEPPING
STRONG
MARATHON TEAM**

Agenda

- Welcome
- Stepping Strong Center Overview
- Training Program
- Getting Started Checklist
- Fundraising
- What to Expect this Season
- B.A.A. Updates
- Q&A



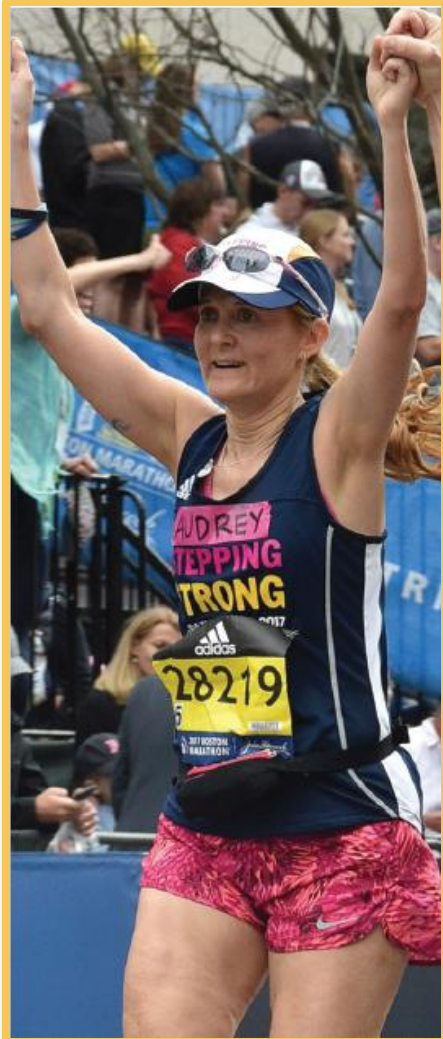
B.A.A.

Many thanks to the
Boston Athletic Association

Since 2014, the Brigham Stepping Strong
Marathon Team has raised nearly \$15 million!



Meet Your Team Captain!



Audrey Epstein Reny
Co-founder and team captain





Brigham and Women's Hospital
Founding Member, Mass General Brigham

The Gillian Reny
STEPPING STRONG
Center for Trauma Innovation

Our Focus and What We Do



Prevention



Treatment

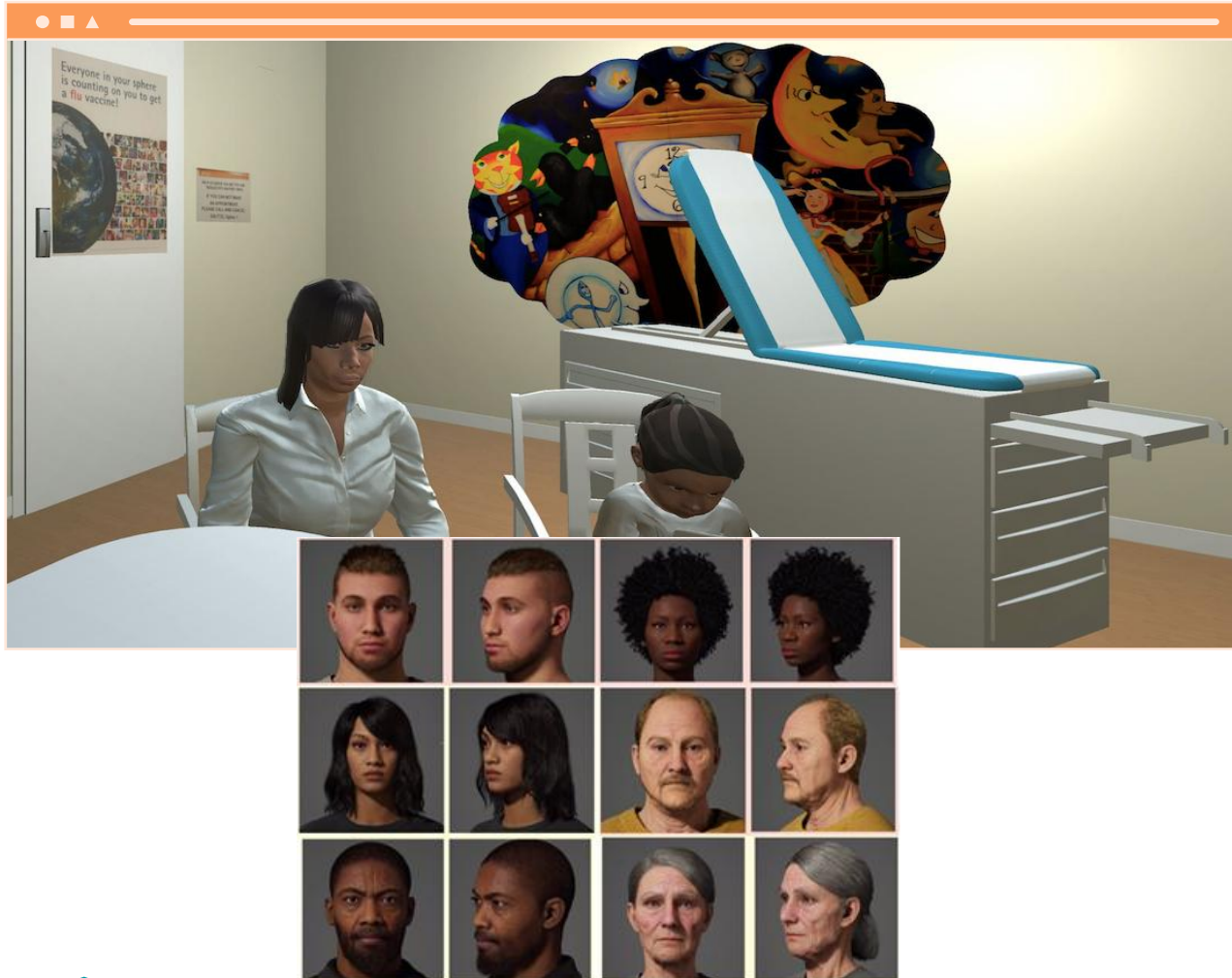


Recovery

Research | Education | Community | Advocacy



Fueling Research: Addressing Gun Violence with Virtual Reality



Launched at **10 medical schools** in January 2025 and have trained **more than 800 medical students** to date



Tariq Ramsey: A Community Emergency Responder



When his brother sustained a life-threatening gunshot wound, **Tariq Ramsey applied the lifesaving techniques** he'd learned from **the Stepping Strong Center's Stop the Bleed program.**

Tariq's quick action saved his brother's life, enabling a complete recovery.



Jim Ewing: Novel Procedure Restores Brain-Limb Connection



Jim Ewing, an avid rock climber, suffered devastating injuries while climbing in the Cayman Islands.

He became the first patient to undergo a groundbreaking amputation surgery—a **procedure developed through Stepping Strong-funded research that restores the brain-limb connection**, enabling patients to control their prosthetic like a natural limb.

Thanks to this innovative procedure, Jim returned to the activities he loves, including rock climbing.





Tieare Williams: A New Path Towards Recovery



After sustaining a traumatic injury in a motor vehicle crash, **Tieare Williams**, an active-duty service member, was referred to **the Stepping Strong TRAIL Clinic—a comprehensive trauma care center that addresses the full spectrum of needs for trauma survivors.**

At the clinic, Tieare received coordinated care from multiple specialists in a single visit eliminating the need for multiple appointments.

Thanks to this integrated approach, Tieare has made significant strides in his recovery and has returned to active military service.



Participate in our Trainings

Minutes matter in an emergency. You can learn how to take action!

Stop the Bleed Training (virtual): Wednesday, November 19 (12:00-12:30pm EST)

QPR Suicide Prevention Training (virtual): Tuesday, December 2 (12:00-12:30pm EST)

Opioid Overdose Training (virtual): Tuesday, January 13 (12:00-12:30pm EST)



Thank You, Runners!!

Because of our Marathon teams, Stepping Strong Center has been able to make significant contributions to advance the field of trauma and transform the lives of trauma survivors.

We would not be able to do it without your support and are so grateful for each and every one of you!

Thank you!



Meet Your Team Coach!



John Furey
Coach



Overview

- Boston Marathon – world's greatest race
- Coaching assistance
- Weekly newsletter
- Saturday long runs & Wednesday hill runs
- Joint Ventures: Injury screening / assessment
- Choose a training plan that suits you
- Strength train, stretch, and roll
- Dedication, desire, grit, and support are key to success
- Good sneakers, eating well, and listening to your body



Training

- Important Dates
 - First long run: Saturday, December 13
 - First hill run: Wednesday, January 21
- Contact Information
 - Email: jfurey611@gmail.com
 - Cell: 617 759 0590
 - Website: furey262.com





Brigham and Women's Hospital
Founding Member, Mass General Brigham

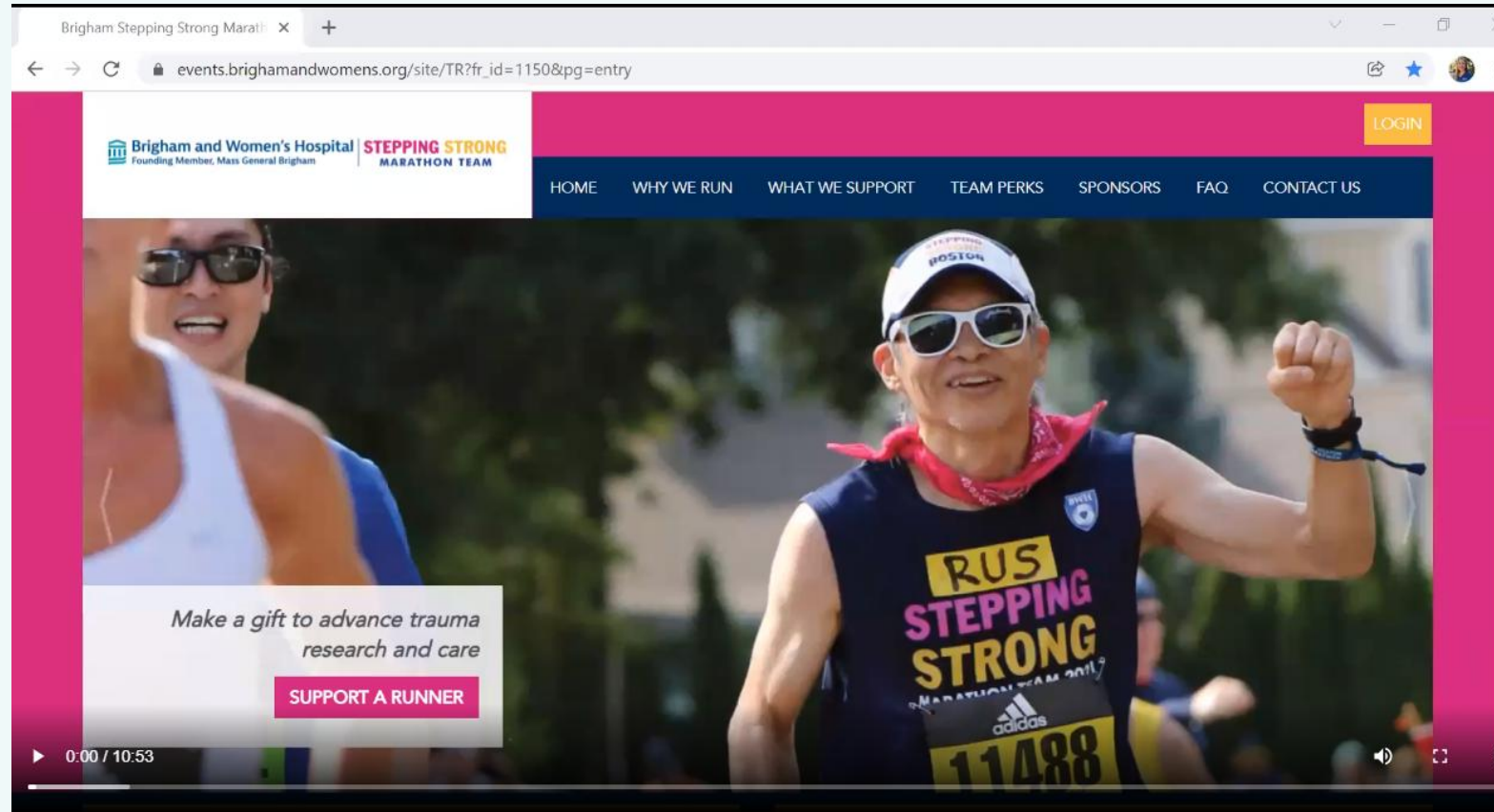
Getting Started Checklist

Getting Started Checklist

- ☐ Sign and mail contract with pre-paid FedEx label
- ☐ Create and customize [TeamRaiser](#) fundraising page; make a self-gift and start fundraising!
- ☐ Save [Runner Portal](#) to phone
- ☐ Complete [Furey 26.2](#) training questionnaire + sign up for emails
- ☐ Download the [Strava App](#) and join the 2026 Brigham Stepping Strong Marathon Team



TeamRaiser Support

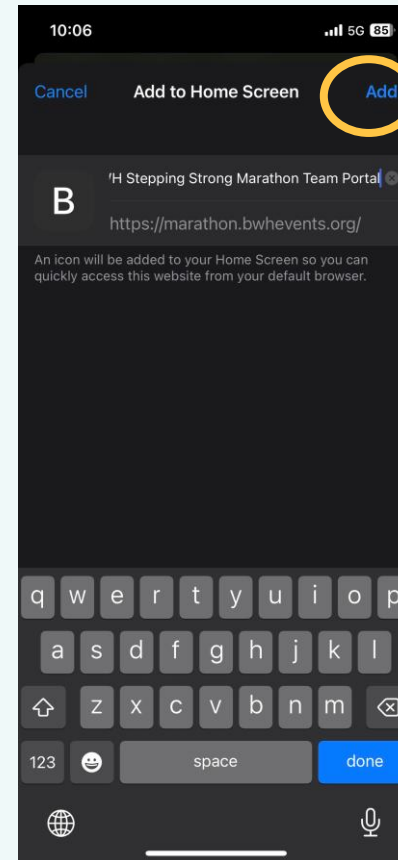
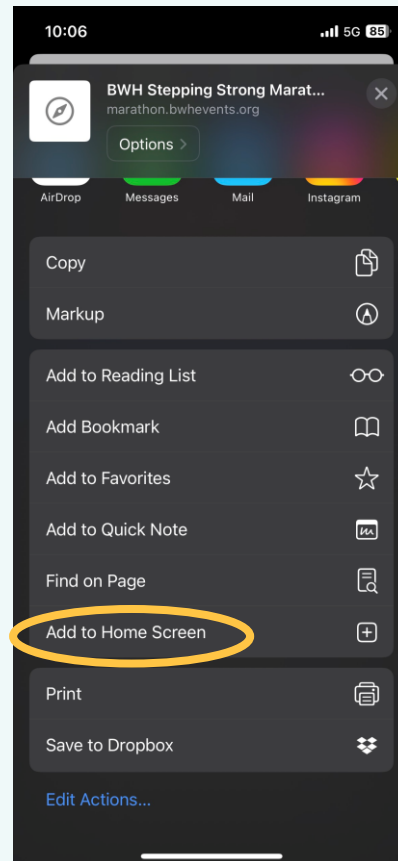
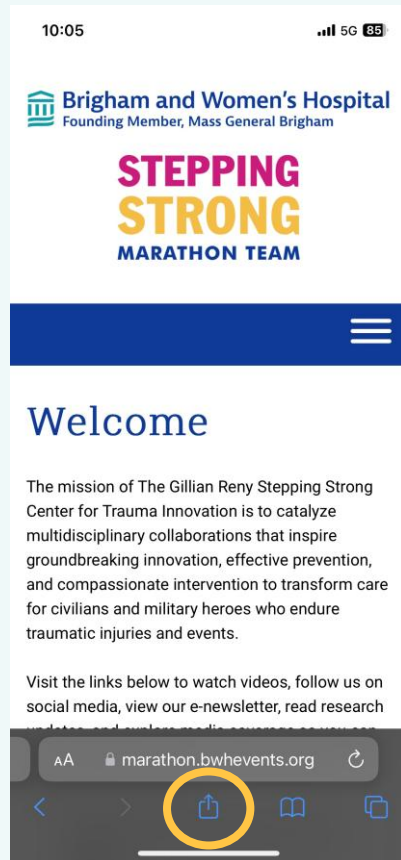


[Check out this TeamRaiser video tutorial](#)



Runner Portal

- <https://marathon.bwhevents.org/>
- Add to mobile device:



Runner Portal



[Home](#) [Fundraising](#) [Training](#) [Calendar](#) [Contact](#) [Sports Medicine Assistance](#)

Welcome

The mission of The Gillian Reny Stepping Strong Center for Trauma Innovation is to catalyze trauma innovation for injured civilians and military heroes through multidisciplinary investigative collaborations across the continuum of trauma care, from prevention to treatment and recovery.

Explore the links below to discover the latest stories, research, and news from across the Stepping Strong Center. We hope these resources deepen your understanding of the impact you're making and empower you to continue advocating for trauma survivors.

- **Follow Us:**

- [Stepping Strong Facebook](#)
- [Stepping Strong Instagram](#)
- [Stepping Strong LinkedIn](#)
- [Stepping Strong Twitter](#)

- **Learn More:**

- [2024 Annual Report](#)
- [Stepping Strong Center Website](#)
- [What We Do_Who We Impact](#)
- [The Value of Trauma Research](#)
- [FAQs](#)
- [History of The Stepping Strong Center](#)
- [Stepping Strong Community](#)

- **Our Impact:**

- [Boston Marathon bombing survivor transforms trauma care](#)
- [Training restaurant workers to be able to act in an emergency](#)
- [Treatment for traumatic brain injury could come in the form of a nasal spray drug, study says](#)
- [West Bridgewater man receives first-of-its-kind surgery thanks to Stepping Strong Center](#)

Boston Marathon Countdown

159

Days

QUICK LINKS

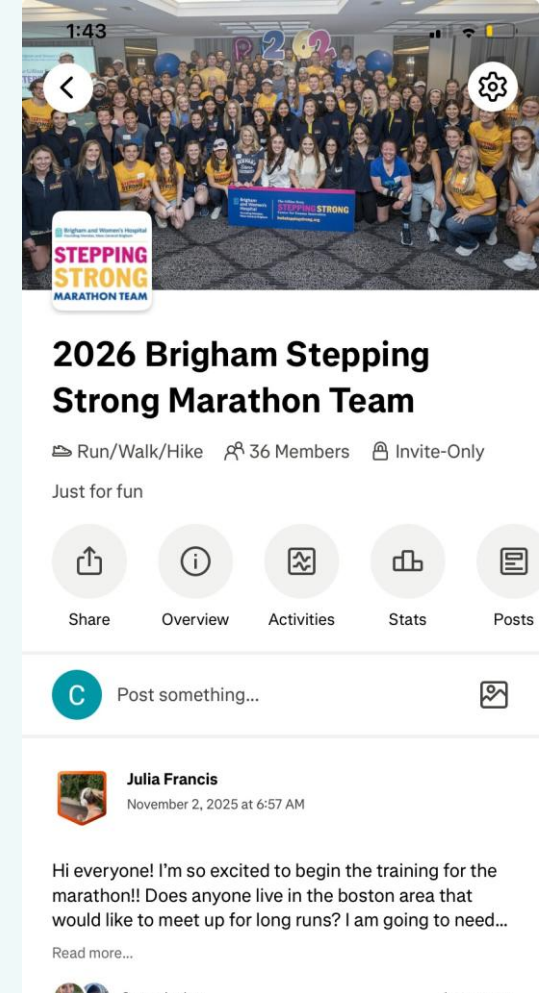
- [Click here](#) for teammate contact information. Reach out and make new friends!
- [Click here](#) to access the Marathon TeamRaiser page.
- [Click here](#) to access Strava and the Stepping Strong club.
- [Click here](#) to submit Runner Photos

UPCOMING EVENTS



Strava App

- Download Strava: Run, Ride, Swim
- Sign up or log in
- On the bottom, click on “Groups” & then click on “Clubs” in the upper right
- Type in “2026 Stepping Strong Marathon Team”
- Request to join club
- Post, share photos, and more!



Deadline Reminders

- **January 1:** Deadline to withdraw from team without being held responsible for fundraising commitment
- **January 30:** \$2,500 fundraising milestone
- **March 31:** \$7,500 fundraising milestone
- **May 11:** Remaining fundraising commitment



Submit your photos!

- Photo ideas
 - Stretching/preparing to run
 - Training/running outside and inside
 - In your Stepping Strong gear
 - Selfies and “point-of-view” shots are encouraged!
- Submit on the Runner Portal: [HERE](#)
- Deadline: Friday, April 4



Fundraising

2026 Boston Marathon Fundraising Goal is...

\$1,800,000



Tips and Tricks



BE SOCIAL

Social media is an easy way to ask for contributions. Share your personal fundraising page with friends and family!



DOUBLE IT

Encourage your donors to ask their employers about their companies matching gift program and if their gift can be doubled!



HOST AN EVENT

Turn one of your favorite activities into a fundraising event. Poker night, bowling, dodgeball, video game marathon—the possibilities are endless.



FITNESS IS FUN

Many cycling, yoga, and fitness instructors are willing to donate their time so you can turn one of their classes into a ticketed fundraiser. It's a great way to do good and feel good at the same time.



SHARE YOUR STORY

Draft a thoughtful fundraising letter and share what inspires you to run. Mail a letter, send an email, make a phone call—you know your network best!



USE YOUR TALENTS

Do you paint, bake, make your own jewelry, knit, or crochet? Sell your talents and goods via online auction or craft fairs and local bazaars.



Exclusive Opportunity for Stepping Strong Swag

- **When:** November 23 – December 2 & March 3 – 10
- **Cost:** \$26 shirt / \$40 pullover (Pieces are nonrefundable; cannot be exchanged)



Offline Donations

Cover Sheet for Offline Donations

Runner Name: _____

I am enclosing (# of checks) _____. I am enclosing (total amount of donations) \$_____.

Matching Gifts: Be sure to ask if your donors' company has a matching gift program and the gift can be doubled!

☐ Matching gift form enclosed ☐ Online matching gift application submitted.

Please complete the address section for each offline gift or check should the donor information not be provided.

Please mail checks to: Brigham and Women's Hospital, Development Office, Attn: Caroline Rees, 263 Huntington Ave
#318, Boston, MA 02115.

Donor/Company Name: _____

Company Contact Name (if applicable): _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Email: _____

Donation Amount: _____

Tracking is required when mailing offline donations. FedEx, UPS, DHL, and USPS are all accepted. Please email marathonteam@bwh.harvard.edu the shipping carrier/tracking number as soon as you mail offline donations. If you have any questions regarding how to find tracking, please email our team at marathonteam@bwh.harvard.edu and we will assist you.

Brigham and Women's Hospital
Development Office
Attn: Caroline Rees
263 Huntington Ave #318
Boston, MA 02115



Correct 😊

A check from the Boston Marathon for \$500.00, payable to Brigham and Women's Hospital. The date is 12/15/2025. The runner is Caroline Rees, and the check is for Joe Smith. The check number is 000000186. The MICR line at the bottom is ⑆000000186⑆ 000000529⑆ 1000.

Wrong 😞

A check from the Boston Marathon for \$500.00, payable to Caroline Rees. The date is 12/15/2025. The runner is Boston Marathon, and the check is for Joe Smith. The check number is 000000186. The MICR line at the bottom is ⑆000000186⑆ 000000529⑆ 1000.

Tax Receipt

Subject Line: Thank you for your gift - tax receipt is enclosed



STEPPING STRONG MARATHON TEAM

[Event Home](#)



Dear Christian Luhnnow,

Thank you for contributing to the 2025 Brigham Stepping Strong Marathon Team in support of Ally and Stew Hickey. Your gift of \$200.00, is critical to advancing our mission, whether it's fueling innovation and discovery, delivering exceptional care, preparing tomorrow's medical leaders, or promoting health equity in Boston and beyond. We are grateful for your partnership in creating a healthier world for patients and their loved ones. Thank you for your gift to Brigham and Women's Hospital.

Credit card transactions will appear on your statement as "Brigham and Women's Hospital."

Did you know many employers match charitable gifts made by their employees? [Click Here](#) to learn more about how you can double the impact of your gift!

Below is your official tax receipt, which outlines the details of your contribution. Following IRS regulations, no goods or services were given, in whole or in part, in consideration of this donation.

Please contact me with questions.

Sincerely,

Kiran Rai

Brigham and Women's Hospital
Director, Gift Administration
617 424 4321
krai1@bwh.harvard.edu



Matching Gifts

- Great way to double the funds you raise!
- Follow the simple steps on our [Matching Gift Guide](#) to ensure you are maximizing your fundraising efforts
- **Company Details:**
 - **Tax ID:** 04-2312909
 - **Charitable Organization Name:** Brigham and Women's Hospital
 - **Contact Information:** Kiran Rai, Director of Gift Administration, krai1@bwh.harvard.edu, 617 424 4321
 - **Address:** 263 Huntington Ave. #318, Boston, MA 02115-4506
 - **Description/Comments:** Stepping Strong Center in Support of <RUNNERS NAME> Marathon Run.



Donor Advised Fund (DAF) Gifts

If your donors ask...YES, we accept Donor Advised Fund Gifts!

You can learn more by [clicking here](#), and the below will allow you to process the gift.

- **Tax ID:** 04-2312909
- **Charitable Organization Name:** Brigham and Women's Hospital
- **Address:** 263 Huntington Ave. #318, Boston, MA 02115-4506
- **Description/Comments:** Stepping Strong Center in Support of <RUNNERS NAME> Marathon Run.
- **Contact Information:** Kiran Rai, Director of Gift Administration,
krai1@bwh.harvard.edu, 617 424 4321



Fundraising Challenges

Giving Tuesday

- The teammate who raises the most money on Tuesday, December 2 via TeamRaiser will receive a certificate for an overnight hotel stay at the Revere Hotel!
- All runners who raise \$500+ will be entered into a chance drawing for Stepping Strong swag.

Marathon Madness

- The teammate who raises the most money OR receives the most donations the months of January, February, and March will receive Stepping Strong swag.
- The top fundraiser and teammate who receives the most donations during the three-month challenge will each receive a custom Stepping Strong YETI cooler



Rockstars!

\$6,000+ raised

- Julia Battaglia
- Sarah Falb
- Courtney Koval
- Lauren Koval
- Jessica Schores

\$4,000+ raised

- Aleyna Duval
- Julia Francis
- Jess Keenan
- Chris Mogee
- Savannah Paige
- Emily Quinn

\$2,000+ raised

- Eleanor Beck
- Michael Bournival
- Alexis Cogne
- Mia DiLorenzo
- Brenner Enright
- Michelle Fonseca
- Kristen Foote
- Tristan Furnary
- Dana Pallotta
- Olivia Pineau
- Andrew Ruis
- Katie Selig
- Sheri Shimko
- Linda Star
- Julia Vitella
- Charlie Whitney

Social Media

Follow Us!



@steppingstrongcenter



Stepping Strong



The Gillian Reny
Stepping Strong Center
for Trauma Innovation



@steppingstrong1





@bwhnursing and steppingstrongcenter



iamcoachkate

@steppingstrongcenter



[EVENTS.BRIGHAMANDWOMENS.ORG](https://events.brighamandwomens.org)

Birthday Wish

This year for my birthday I am asking for doantions towards my fundraiser for the Stepping Strong Center!



 hewenttojerod

20 MORE MONDAYS UNTIL
THE BEST MONDAY OF THE
YEAR!

This Thanksgiving I'm thankful for the
opportunity to run this incredible
race and help those less fortunate
with @steppingstrongcenter

BAA
DISTANCE MEDLEY

Please help us reach our ultimate
goal and lead the way in Trauma
research

[DONATE TODAY!](#)

 marathon.milando

The Gillian Reny
STEPPING STRONG
Center for Trauma Innovation

WHAT DOES STEPPING STRONG
CENTER DO FOR TRAUMA CARE?

- (A) Prevention and education
- (B) Treatment and recovery
- (C) Research
- (D) All of the above

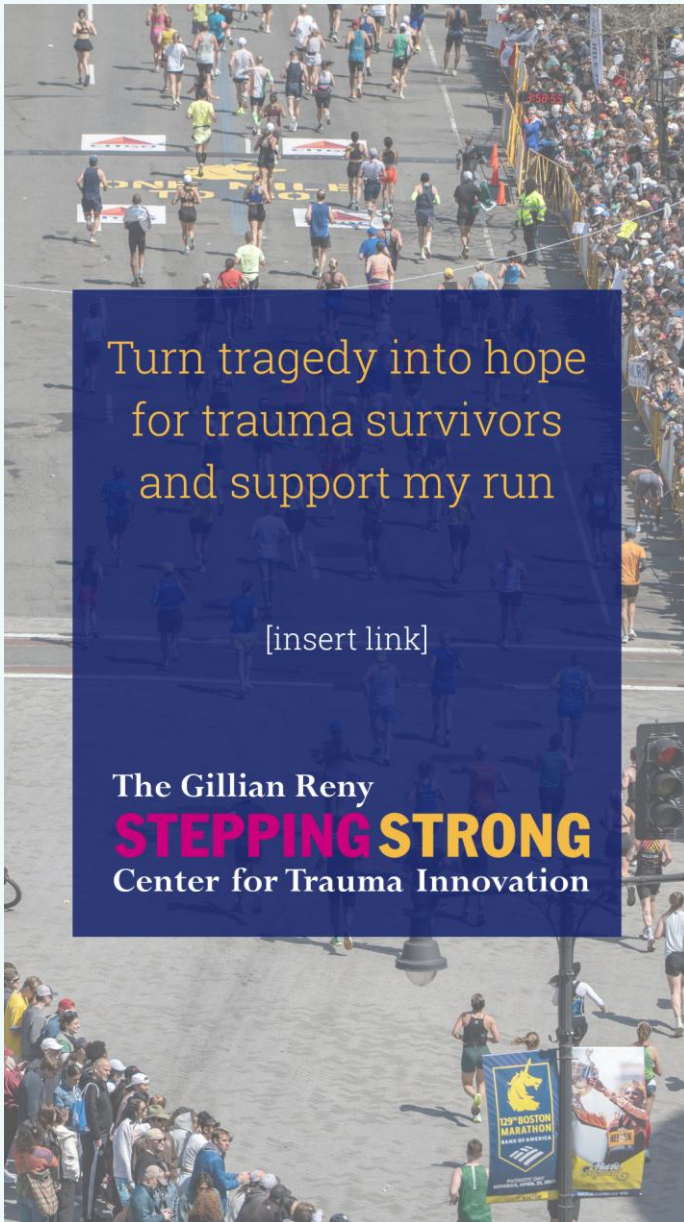
< Reels Friends 

 Hello.
My name's Genevieve Connolly.

 annastaqueria Follow back

Genevieve was such a burrito-rolling pro at last ...





Turn tragedy into hope
for trauma survivors
and support my run

[insert link]

The Gillian Reny
STEPPINGSTRONG
Center for Trauma Innovation

I'm running the Boston
Marathon to transform
trauma care

[insert link]

The Gillian Reny
STEPPINGSTRONG
Center for Trauma Innovation

I'm adding meaning
to my miles for
trauma care

[insert link]

The Gillian Reny
STEPPINGSTRONG
Center for Trauma Innovation



31 NIGHTS of LIGHT

PRUDENTIAL CENTER





Brigham and Women's Hospital
Founding Member, Mass General Brigham

What to Expect this Season?

Marathon Sports Shopping Week

Exclusive Stepping Strong Shopping Week!

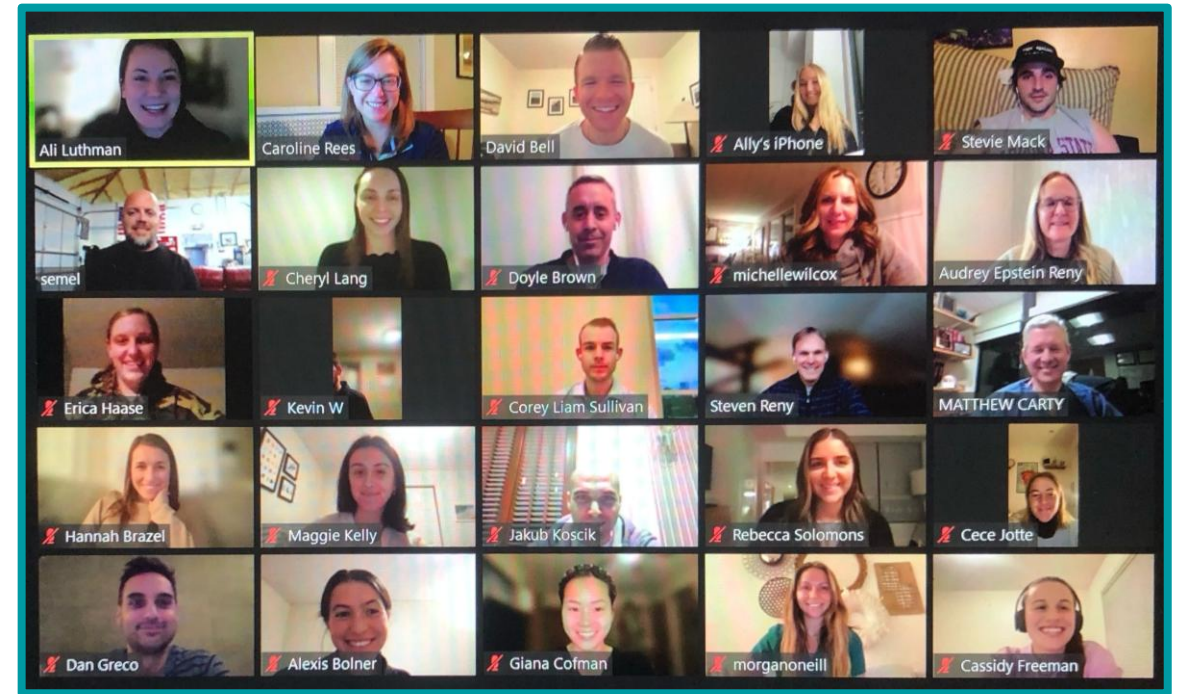
- **What:** 20% discount (excluding electronics and B.A.A. products)
- **When:** December 1 - 7
- **Where:** Any Marathon Sports store; mention you're a teammate
- **Online code:** STEPPINGSTRONG26

10% off ALL season!



Team Meetings

- Saturday, November 15 (hybrid)
- Thursday, January 29 (virtual)
- Wednesday, March 18 (virtual)



Small Team Gatherings

Join the Reny family and get to know your teammates! RSVP for **one date** on the runner portal

- Wednesday, February 4
- Thursday, February 5
- Monday, February 9
- Tuesday, February 10
- Tuesday, February 24 (virtual)



Pep Rally



- Saturday, April 18
- 1:00pm – 3:00pm
- Revere Hotel, Boston



Marathon Monday



Revere Hotel Boston Chance Drawing

- **What:** [Submit your name via the runner portal](#) to enter a chance drawing for one of ten hotel rooms!
- **Where:** Revere Hotel Boston Common
- **When:** Now through November 30; winners will be announced via email
- **Cost:** Winners will be responsible for the room cost, taxes and fees



Boston 5K

- **What:** Boston 5K with the Stepping Strong Team
- **When:** Saturday, April 18 (AM)
- **Where:** Boston Common (Pre-and-post race gathering at Revere Hotel)
- **How:** Registration will be at the end of January and will sell out quickly!

Details:

- Optional and requires a separate \$150 fundraising commitment
- Participants will receive a race day shirt and the opportunity for fundraising incentives!



Team Meetings / Events / Trainings

- **Wednesday, November 19 (12-12:30pm EST):** Stop the Bleed Training
- **Monday, December 1 – Sunday, December 7:** Marathon Sports discounted shopping week
- **Tuesday, December 2 (12-12:30pm EST):** QPR Training
- **Wednesday, January 13 (12-12:30pm EST):** Opioid Overdose Training
- **Thursday, January 29 (6-7:30pm EST):** Team Meeting #2
- **Wednesday, March 18 (6-7:30pm EST):** Team Meeting #3
- **Saturday, March 21:** 20+ mile training run
- **Saturday, April 18 (1-3pm):** Team Pep Rally at Revere Hotel
- **Monday, April 20:** Marathon Monday
- **Wednesday, April 22:** We Did It Wednesday!



B.A.A. Updates

Boston Marathon Official Registration

- **What:** All charity team members on the Brigham Stepping Strong Marathon team will be required to register and pay the \$375 entry fee to the B.A.A. that does not count towards your fundraising commitment.
- **Where/When:** This fee will be collected separately via an online registration through the B.A.A. You will receive an email in late January/early February with next steps
- **Reminders:**
 - Once you register, your bib is non-transferable or refundable and you are responsible for your fundraising commitment regardless if you run the race or not.
 - Do NOT panic if you hear about other runners registering sooner!



B.A.A. Social Media

Check out the Toolkit!

Tag the following accounts:

- Stepping Strong
- Brigham and Women's Hospital
- Bank of America
- Boston Marathon
- Boston Athletic Association / Team B.A.A.

Use the following hashtags:

- #SteppingStrong
- #BostonMarathon
- #Boston130
- #MeetTheMoment



Questions?

Put them in the chat box or email
marathonteam@bwh.harvard.edu!