

PLEDGE FORM - COLLECT CONTRIBUTIONS WHEN YOU SIGN UP SPONSORS. MAKE CHECKS PAYABLE TO BIANH.

Name:

Address:

City:

State

Zip Code

Phone (home)

Email

WAIVER:

Submission of this entry constitutes an acknowledgment that the participant is physically able to undertake the walk and is a waiver of any and all claims arising out of the walk which the participant might assert against any parties connected with the walk. As a walk participant your photograph may be taken and used in future BIANH publications.

Signature:

Date

PLEDGE FORM — Please collect all contributions in advance — Contact us for additional forms

Name	Address	Amt. Pledged	Amt. Collected
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
TOTAL			

Please turn in all monies on or before date of walk.

MAKE CHECKS PAYABLE TO BIANH; SEND TO 52 PLEASANT STREET, CONCORD, NH 03301  
TOLL FREE: 800-773-8400 (NEW HAMPSHIRE ONLY)    PHONE: 603-225-8400    FAX: 603-228-6749

Register online as an individual or as a team and have your supporters donate online by creating your own fundraising pages. You may access this option by going to [www.walkbythesea.org](http://www.walkbythesea.org), or by going to [www.bianh.org](http://www.bianh.org). Click on the Events tab and then Walk by the Sea.



2025 First Place Team with Most Walkers  
- Sevita Superstars

WHEN & WHERE  
SATURDAY, JUNE 13, 2026  
MEET AT

Hampton Beach State Park, Rte 1A  
Check in - 11:00 am  
Announcements/Walk - 12:00 pm

The walk begins and ends at the Hampton Beach State Park Pavilion and is a total of 2 miles (or less, if you choose). Turn-around point is the Lady of the Sea Monument, then return to the Park a for picnic lunch.



Refreshments are provided at rest stops along the way and a light picnic is provided at the end of the walk.

SERVICE DOGS ONLY



FROM I-93: Take Route 101 east, follow until the road turns into Highland Avenue. Take a right to Route 1A (Ocean Boulevard). Hampton Beach State Park - South Beach (campground and pavillion) is on the left, just before the bridge over the river.

FROM I-95: Take exit 2 to Route 101 east, follow until the road turns into Highland Avenue. Take a right to Route 1A (Ocean Boulevard). Hampton State Beach Park-South Beach (campground and pavilion) is on the left, just before the bridge over the river.

INDIVIDUAL REGISTRATION FORM  
Saturday, June 13, 2026  
SERVICE DOGS ONLY

Name:

Address:

Phone:

e-mail:

WAIVER:

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Signature:

Date:    /    /

T-shirt Size: (Adult sizes only)  
(Pre-Registered Individuals Only)  
S    M    L    XL    XXL    XXXL

T-SHIRT ORDER DEADLINE IS MAY 15, 2026

If you miss the deadline we will try to get t-shirts for you, but cannot guarantee it.

Please turn all monies on or before date of the walk.

PLEASE MAIL OR FAX TO:  
BIANH  
52 Pleasant Street Concord, NH 03301  
Fax: 603-228-6749



Non Profit  
Organization  
US Postage  
PAID  
Concord, NH  
Permit no 1665

BRAIN INJURY  
ASSOCIATION  
OF NEW HAMPSHIRE  
52 Pleasant Street  
Concord, N.H. 03301

## BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE **40TH ANNUAL**

# WALK *By The Sea* & PICNIC **SATURDAY, JUNE 13, 2026**



2025 First Place Team - AVM Avengers -  
Most Money Raised & Team Spirit



To Register Online:  
visit [www.bianh.org](http://www.bianh.org) or go to  
[www.walkbythesea.org](http://www.walkbythesea.org)

## OUR MISSION

The Brain Injury Association of New Hampshire's mission is to create a better future through brain injury prevention, education, advocacy and support.

## DID YOU KNOW....

Brain injury is the leading cause of disability and death in children and adolescents in the U.S. According to the Centers for Disease Control and Prevention, the two age groups at greatest risk for brain injury are age 0-4 and 15-19.

## PREVENTION IS THE ONLY CURE!

## HOW YOU CAN HELP!

Come join our Walk by the Sea along Hampton Beach. It is the one time during the year when the whole brain injury community comes together to celebrate our accomplishments and share a fun day at the shore. This annual event helps us to continue our efforts to create more public awareness about the "silent epidemic" and ultimately fulfill our mission.

If you are unable to attend, you may show your support by pledging to a friend or sending a donation to BIANH.

**100% OF YOUR PLEDGE DOLLARS  
SUPPORTS THE WORK OF THE BIANH.**

*Please help us walk, run, roll or  
bike our way to success!*

## FORMING A TEAM

Organizing a team is an easy and fun way to participate. Your team can be as few as 3 and can include family, friends, neighbors and co-workers. Share your fundraising information on social media!

**PARTICIPANTS/FAMILIES:** Please register each participant at \$20.00/person.

**PROVIDERS/BUSINESSES:** Each team must raise a minimum of \$300. After the Provider/Business Team Captain registers the team and has paid the \$300 registration, all members of that team may register free of charge and donations are encouraged.

Be creative! There are prizes for the team that shows the most team spirit, has the most original name, the most walkers, and for raising the most money.

Prizes will be awarded only to pre-registered teams and will be based upon only money collected and turned in by the day of the walk.

Share your fundraising information on social media!

## EASY WAYS TO REGISTER

### **No Day-of-Event Registrations Available**

**ON-LINE:** Be sure to visit our Walk website and online registration: [www.walkbythesea.org](http://www.walkbythesea.org). You can also find helpful hints on how to fundraise, fundraising incentives, and our photo gallery.

### **MAIL REGISTRATION/PLEDGES:**

**Mail-In Deadline, Wednesday, May 27, 2026**

BIANH  
52 Pleasant Street  
Concord, NH 03301

**YOU MUST PRE-REGISTER TO BE ELIGIBLE FOR T-SHIRTS AND PRIZES**

**T-SHIRT REGISTRATION DEADLINE IS  
FRIDAY, MAY 15, 2026**

**CALL THE OFFICE FOR MORE INFORMATION  
603-225-8400**