

**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			
16			
17			
18			
19			
20			
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**



**2023 First Place Team - Rehab Rebels**  
Team with Most Walkers

**WHERE & WHEN**



**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 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 is on the left, just before the bridge over the river.

**SATURDAY, JUNE 8, 2024**

**START/FINISH:** Hampton Beach State Park, Rte 1A

**SERVICE DOGS ONLY**

**TIMES:** Check in at 11:00 am;  
Start at 12:00 pm

**ROUTES:** The walk begins and ends at the Hampton Beach State Park Pavilion and is a total of 3 miles (or less, if you choose).

Refreshments will be provided at rest stops along the way and at the end of the walk.

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.

**INDIVIDUAL REGISTRATION FORM**

**Saturday, June 8, 2024**

**SERVICE DOGS ONLY**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 e-mail: \_\_\_\_\_

**WAIVER:**

Submission of this entry constitutes an acknowledgement 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: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

**T-SHIRT ORDER DEADLINE IS MAY 10, 2024**

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

BRAIN INJURY ASSOCIATION  
OF NEW HAMPSHIRE  
**38TH ANNUAL**

**WALK**  
*By The Sea*  
& PICNIC

**SATURDAY,  
JUNE 8, 2024**



*2023 First Place Team - NCIL Indys  
Most Money Raised*

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.**

## FORMING A TEAM

If you are interested in organizing a team, it 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. You can quickly and easily create your own or your Team's fundraising page that can be shared on all of your social media.

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. Each team must raise a minimum of \$300 to receive t-shirts.

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.

## 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 29, 2024*

BIANH

52 Pleasant Street  
Concord, NH 03301

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

All pre-registered individual walkers raising \$50 or more will receive a free t-shirt.

**T-SHIRT REGISTRATION DEADLINE IS  
FRIDAY, MAY 10, 2024**

**CALL THE OFFICE FOR YOUR PACKET  
603-225-8400**

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

BRAIN INJURY  
ASSOCIATION  
OF NEW HAMPSHIRE

52 Pleasant Street  
Concord, N.H. 03301

