

## 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			
<b>TOTAL</b>			

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-South Beach, Rt 1A  
Check in - 11:00 am  
Announcements/Walk - 12:00 pm

The walk begins and ends at the Hampton Beach State Park-South Beach Pavilion and is a total of 2 miles (or less, if you choose). Turn-around point is the *Lady of the Sea* Monument. Enjoy a picnic lunch once you return to the Pavilion. Please note: we cannot accommodate for dietary restrictions.

Water and light refreshments are provided at rest stops along 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 pavilion) 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 Beach State 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:** 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 22, 2026**

A few extra shirts are made available on a first-come, first-served basis

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

BRAIN INJURY ASSOCIATION  
OF NEW HAMPSHIRE  
**40TH ANNUAL**  
**WALK**  
*By The Sea*  
**& PICNIC**  
**SATURDAY,**  
**JUNE 13, 2026**



2025 First Place Team - AVM Avengers -  
Top Fundraising & 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 number one cause of death, disability, and hospitalizations for New Hampshire children, teens, and young adults.

(NH CDC Hospital discharge data)

## PREVENTION IS THE ONLY CURE!

## HOW YOU CAN HELP!

Come join our Walk by the Sea along Hampton Beach State Park-South 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 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.

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

**PROVIDERS/BUSINESSES:** Team captains of providers/businesses should register at a minimum of \$300. After the team captain registers the team and has paid the \$300 fee, all members of that team may register free of charge. Donations to the team 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

**Sorry -- 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 20, 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 22, 2026**

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