

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 _____

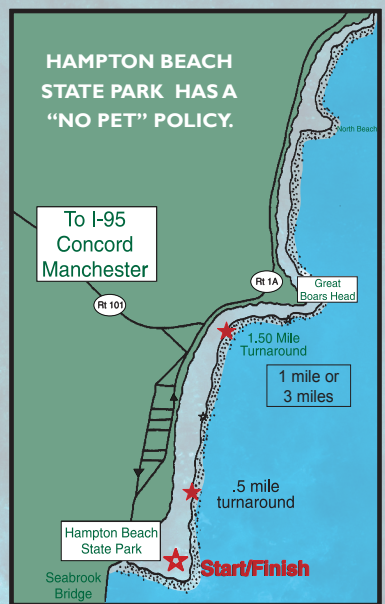
PLEDGE FORM — Please collect all contributions in advance — Contact us for additional forms

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

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.

SUNDAY, JUNE 7, 2020

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.bianh.org and by clicking on the Walk by the Sea event logo, or by accessing the following link: <https://bianh.salsalabs.org/2020wbts>.

INDIVIDUAL REGISTRATION FORM

Sunday, June 7, 2020

SERVICE DOGS ONLY

Name: _____

Address: _____

Phone: _____

e-mail: _____

Choose to walk 1 or 3 miles

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

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

T-SHIRT ORDER DEADLINE IS MAY 1, 2020

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

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

BRAIN INJURY ASSOCIATION
OF NEW HAMPSHIRE

34th ANNUAL
WALK
By The Sea
& PICNIC

**SUNDAY,
JUNE 7, 2020**



First Place Team: NCIL Indy's



To Register Online:

Visit www.bianh.org or go to

<https://bianh.salsalabs.org/2020wbts>

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.

Each year children between the ages of 0 – 19 sustain brain injuries (requiring hospitalization) as a result of motor vehicles, fall, sports injuries, physical abuse and other causes. A staggering 564,000 children are seen in hospital emergency departments for brain injury and then released.

Among children ages 0 to 14, brain injury results in an estimated 2,685 deaths, 37,000 hospitalizations, and 435,000 emergency department visits.

HOW YOU CAN HELP?

PREVENTION IS THE ONLY CURE!

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 is a team prize for the most original name. 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

ON-LINE:

Go to: <https://bianh.salsalabs.org/2020wbts>

or you can simply send in your registration:

MAIL REGISTRATION/PLEDGES:

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 1

**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

