



**Directions to Bretton Woods
Ski Resort**

From Boston, MA and Manchester, NH

Take I-93 North through Franconia Notch to Exit 35, Route 3N. Take Route 3N to Twin Mountain, NH. Follow Route 302E to Bretton Woods, NH. Estimated Driving Time: 2 1/2 hours, 165 miles.

From NH Seacoast/Portsmouth, NH

From I-95 or Route 101 or Route 4; exit onto Route 16N/Spaulding Turnpike to North Conway/Glen, NH. Follow Route 302W to Bretton Woods, NH.

From Portland, ME

Take Route 302W to Bretton Woods, NH. Estimated Driving Time: 2 hours, 90 miles.

From New York, NY and Hartford, CT

Take I-95 North to I-91 North, take I-91 North to I-93 South, Exit 40. Follow Route 302E to Bretton Woods, NH. Estimated Driving Time from New York: 5 3/4 hours, 330 miles. Estimated Driving Time from Hartford, CT: 4 hours, 220 miles.

From Montreal, Quebec

Take Auto Route 10E to Auto Route 55S. Take Auto Route to I-91 South. Take I-91 South to I-93 South, Exit 40. Follow Route 302E to Bretton Woods, NH. Estimated Driving Time: 3 hours, 175 miles.

**Brain Injury Association of NH
109 North State Street, Suite 2
Concord, New Hampshire 03301**

603-225-8400

**www.bianh.org
Renee@bianh.org**



*If a disease were killing
our children in the
proportion that injuries
are, people would be
outraged and demand
that this killer be
stopped.*

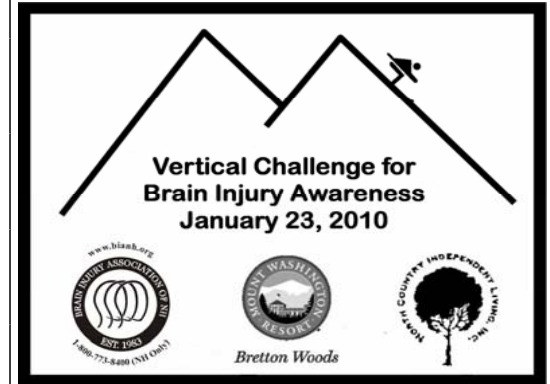
— C. Everett Koop, MD,
former U.S. Surgeon General.

Your donations are tax deductible for charitable contributions. The Tax ID number for The Brain Injury Association is 02-0397683.

7TH ANNUAL VERTICAL CHALLENGE

Hosted by:

The Brain Injury Association of
New Hampshire



**SATURDAY,
JANUARY 23, 2010**

at
**Bretton Woods Ski Resort,
Bretton Woods,
New Hampshire**

Do you have a competitive spirit?
 Do you love the beauty and grandeur of the White Mountains?
 Do you desire to help someone who is in need?

IF SO....

Come join us for a day of fun on the slopes. The 7th Annual Vertical Challenge is about to take place. This challenge will help to promote brain injury awareness and provide support to our individuals and veterans who are living with a brain injury or stroke.

RAISE MONEY FOR A GREAT CAUSE.

Collect pledges to help us support these individuals. Form a team of 4 skiers and spend the day in competition for the most vertical. For every run that members of your team make, 1,500 feet will be added to the team's score. You may also purchase additional vertical during the event. At the end of the day, teams' scores will be tallied and the winners will be announced.



CHECKPOINTS—To make the event family friendly and safe for everyone, checkpoints will be set up around the mountain to ensure skiers are slowing down, staying safe, and having fun. Teams will enter a random drawing regarding brain injury trivia. Given the correct answers, your team will gain additional points and will be eligible for a prize at the end of the day.

ADDED INCENTIVE—For participants who wish to raise more pledge money, that team will be given an extra 100 vertical feet to their tally sheet for every extra \$100 donated!

Register early and receive team t-shirts!

To receive a team t-shirt, registration must be received by Friday, January 8, 2010.



PRIZES! Prizes will be awarded for

🏆 Most Money Raised

🏆 Most Vertical

🏆 Most Combined Vertical

🏆 Checkpoints Winner

SCHEDULE FOR THE DAY

7:00 AM	Registration Begins (Main Lodge)
9:00—Noon	Vertical Counted
1:00	Lunch Begins
2:30	Announcement of Prize Winners and Raffles

SPONSORSHIP OPPORTUNITIES—

Many sponsorship opportunities are available for you or your business. Levels range from raffle prize and goodie bags to substantial monetary donations with significant publicity exposure for your company. Join



Team ZOE VEASEY #1—winning most vertical in January 2009

these groups for a day on the slopes: The Brain Injury Association of New Hampshire, Bretton Woods Ski Resort and North Country Independent Living.

For more information on sponsorship, contact Erin Hall at BIANH (603-225-8400).

HOW TO REGISTER —

Contact BIANH at 603-225-8400 for a registration form or see our website. A registration fee of \$50.00 is required for each 4-person team (will be applied to the team's total). The cost per team is \$400, which can be raised through pledges. This amount provides all-day lift tickets, lunch, après party, and free raffle tickets. Upon receiving your registration, pledge sheets will be sent to you to record your pledges. All money should be turned in the day of the event. Forms and information regarding corporate sponsorship are also available on our website:

www.verticalchallengebianh.org.