



Breakthrough T1D Walk New Hampshire
Saturday, October 4, 2025
Arms Park | 10 Arms St, Manchester, NH 03101

Important Day of Details

The funds and support raised by Breakthrough T1D Walk will power more research, enable more advocacy, and fund more support for everyone living with type 1 diabetes (T1D). Your dedication inspires us, and we know that, with your support, we will reach our goal of raising more than \$1 million at this year's Walks! We look forward to Walk Day where we can celebrate your commitment and the strength of the T1D community.

Please read the following thoroughly before Walk Day to ensure an easy arrival on Walk Day. For questions or more information please contact the Greater New England Chapter at greaternewengland@breakthrough1d.org.

Before the Walk

- We HIGHLY encourage all Walkers to pre-register online at walk.BreakthroughT1D.org/newhampshire.
- Turning in funds earlier is another great way to ensure a speedy check-in process on Walk Day. Just like your local bank, the Breakthrough T1D Fundraising app has mobile deposit capabilities. Use this feature to get your donations added to your fundraising pages faster. Any offline donations that you do not wish to use the mobile deposit for, you can mail to: *Breakthrough T1D Greater New England Chapter, Attn: NH Walk, PO Box 5009 Hagerstown, MD 21741*. Checks can be made payable to Breakthrough T1D. Please be sure to include a note listing the walker and team name—there is a collection form that can be used for this purpose which you can find in your participant center. We appreciate your patience, as there may be a delay in processing and posting offline funds.
- The Walk Day Bag Policy will be strongly enforced by police. No bags can be left on-site while you are on the Walk route. Please be prepared by only bringing bags you can walk with (small backpacks, cross-body purses, fanny packs, etc.).
- Don't forget your reusable water bottle and Rufus!

Walk Day Schedule

- **9 a.m.** Site Opens
- **9:50 a.m.** Line Up for T1D Parade at the Welcome Tent
- **10 a.m.** Welcome Remarks
- **10:15 a.m.** Walk Starts
- **11:30 a.m.** Light Refreshments Served and Entertainment
- **Post Walk** Stark Brewing give back event

When You Arrive

Teams and individual Walkers do not need to check in unless you have money to turn in or are a V1P. Please see the enclosed map to get acquainted with the site.

- **V1P Check-In:** If you have personally raised more than \$1,000, you are a V1P and there will be a designated check-in line just for you where you can pick up your V1P pin!



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- **General Check-In:** If you have pre-registered online and have gifts to turn in, cash donations should be counted and sealed in a completed Walker Collection Envelope. Checks may also be turned in, please be sure that team name and participant are clearly written in the memo line.
- **T1D Champion Parade:** As part of the opening ceremony, we will gather ALL our T1D champions together to parade through the site. We will honor all T1D Champions by how many years they've been a T1D warrior and cheer them on. Please plan for extra time on Walk Day to make sure your champion is there to get lined up with the help of our volunteers at **9:50 a.m. at the Welcome Tent**. The parade will end in front of the arch for a photo opportunity and then participants can make their way back to their teams.

Food and Refreshments

- We are excited to welcome [Espresso Dave's](#) onsite with coffee and other beverages available for purchase. Please note all V1Ps will receive one drink ticket at Check-In.
- The Breakthrough T1D Walk sites are cutting down on single-use plastic bottles. Refill stations will be located along the route and in the food tent, so please consider bringing your own reusable bottle.
- While we provide as many refreshments as possible, please understand that we have a limited quantity of food and beverage available, and we are not able to meet all dietary needs. In order for you to fully enjoy the activities of the day, we ask that you please come prepared with your own water bottles and snacks for low blood sugar treatment.
- After the Walk, visit [Stark Brewing](#) across the parking lot to enjoy some food and drinks. Stark Brewing is generously donating 10% of food sales back to Breakthrough T1D when the [attached flyer is shown](#).

Walk Route

Our Walk Route will follow a route through downtown Manchester, looping back to the main site and we will be offering a shorter Family-Friendly route option as well. Please see the enclosed route map for details and remember to follow the Breakthrough T1D signs. Volunteers will also be in place to help you navigate. Please be sure to stay off the sidewalks and follow the rules of the road.

Entertainment and Activities

- The Activities Tent will be up and running in the morning with face painting, blue hair spray, as well as bracelet and button making. Take a photo at our step and repeat and then post it on your favorite social media site using **#GNEWalks #NewHampshire**.
 - Don't forget to bring Rufus or your favorite stuffed animal to visit our Rufus Clinic!
- If you would like to be considered for our t-shirt contest, please bring an extra t-shirt to Walk Day. We will be hanging all submissions and having live voting. The winner will be announced following the Walk and be featured on next year's Save the Date postcard.
- Visit our Resource Row to learn more about Breakthrough T1D, our research efforts, and how you can become involved locally. You can visit with our sponsors and community partners here as well.
 - Warrior Wraps for our T1D Walkers are available in this tent.



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- Walk Day music will be provided by DJ Mikey V!

Walk Donation Tips

- Encourage your donors to visit your personal or team page to make a gift online.
- Don't hold onto your Walk donations until Walk Day! Utilize the Breakthrough T1D Walk app to mobile deposit your donations!
 - Reminder: donations for the 2025 Walk (cash, check, online gifts) can be collected until December 31, 2025.

Incentive Prizes and Awards

- If you raise \$250 or more, you will qualify for our fundraising rewards program featuring a variety of branded Breakthrough T1D items at each giving level. All qualified participants will receive a gift catalog following the Walk.
 - If you do not wish to receive a catalog, please log in to your Participant Center, click "edit profile" and opt out of the fundraising rewards program located under "event registration information".
 - Please note: Any funds submitted within two weeks after Walk Day are included in qualifying totals for individual fundraising awards. Kindly note, team totals, general team donations, and unconfirmed gifts are not applied to the incentive program.

Top 10 Team Tents

- Walk Team Tents will be awarded to the Top Fundraising Teams. **The top teams (limit to 10) who have raised the most funds as of Tuesday, September 30 at noon will be selected for this honor.** *Please note: Only gifts that are accounted for in your online Walk Participant Center will be included in your fundraising total. The minimum fundraising amount of \$2,500 must be met to qualify.*
- Team Tents are to be used as a meeting or gathering place for Walk teams. They can be decorated, and you can serve food. **Please note that balloons are not allowed by order of the Parks Dept.**
- Team Tents will not be guarded while Walkers are on the route. No items are to be left at or inside Team Tents.

Walk Day Policies

In order to promote a safe and fun event designed to raise funds for Breakthrough T1D and comply with the state's requirements for our use of this public space, the Greater New England Chapter has developed the following policy.

Without specific approval of the Greater New England Chapter office, Breakthrough T1D Walkers and other attendees of the event cannot:

- Solicit additional funds for Walk Teams through the sale of items, such as bracelets, etc.
- Distribute information from a diabetes or other corporate vendor. No independent vendors or clubs can utilize Team Tents or Tables for soliciting purposes.



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- Collect names, emails or mailing information from any Breakthrough T1D Walkers outside of collecting funds for the Walk.
- Make use of tents/tables that have not been designated as your team's tent/table.

Directions and Parking Information

Arms Park
10 Arms Street
Manchester, NH 03101

Free parking will be available in the Arms Park parking lot. Please see parking map for more details.

Thanks to your continued support, Breakthrough T1D is the most influential private funder of T1D research in the world and has invested more than \$2.5 billion in research funding since our inception. Breakthrough T1D currently has more than \$49 million designated to 28 local research projects in Massachusetts, New Hampshire, and Rhode Island. To learn more about the impact your efforts are making on T1D research, visit BreakthroughT1D.org/research.

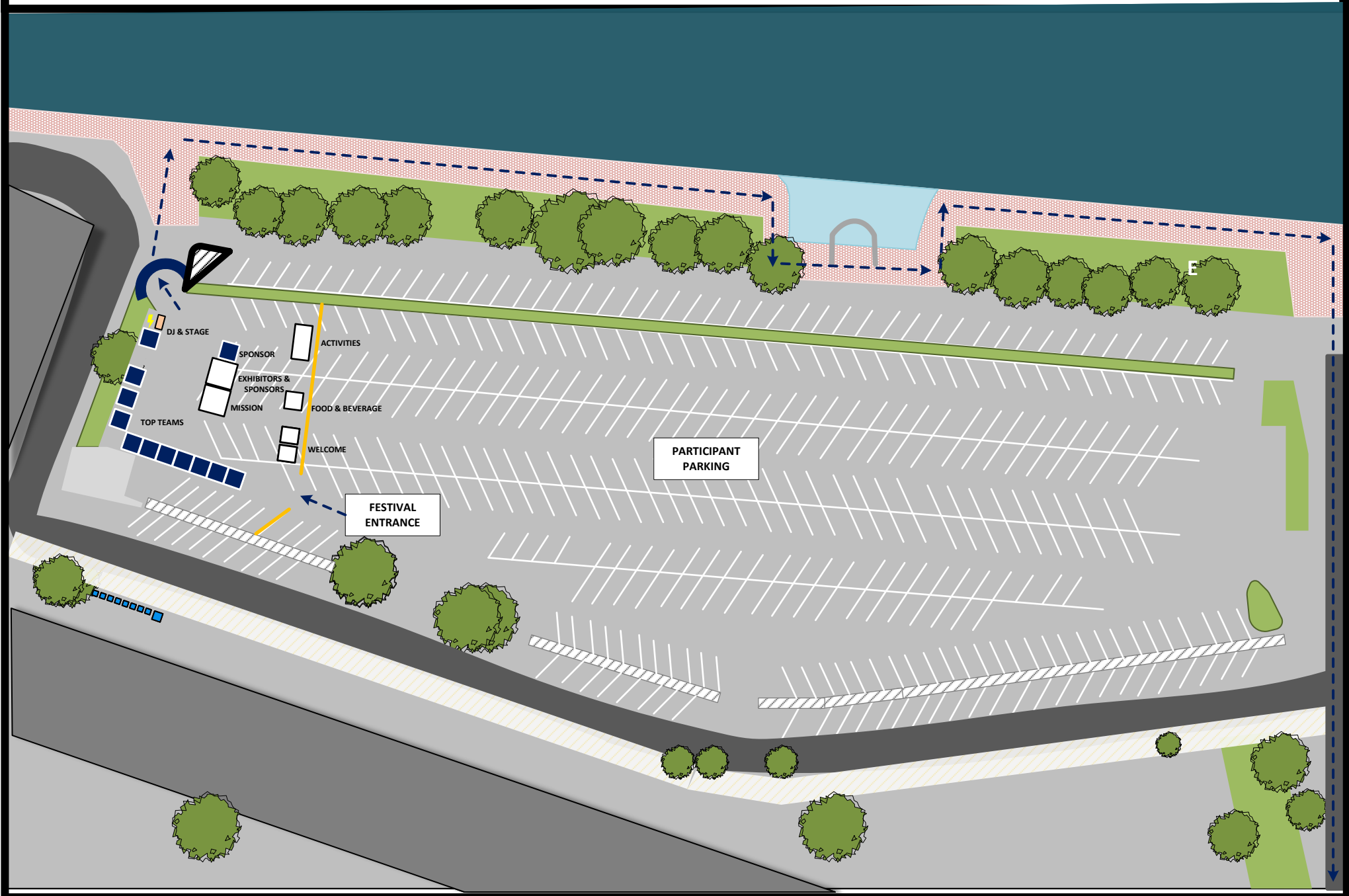
We cannot wait to see you on October 4! If you have any questions, please contact the Breakthrough T1D Greater New England Chapter at 781-431-0700 or greaternewengland@breakthrough1d.org.

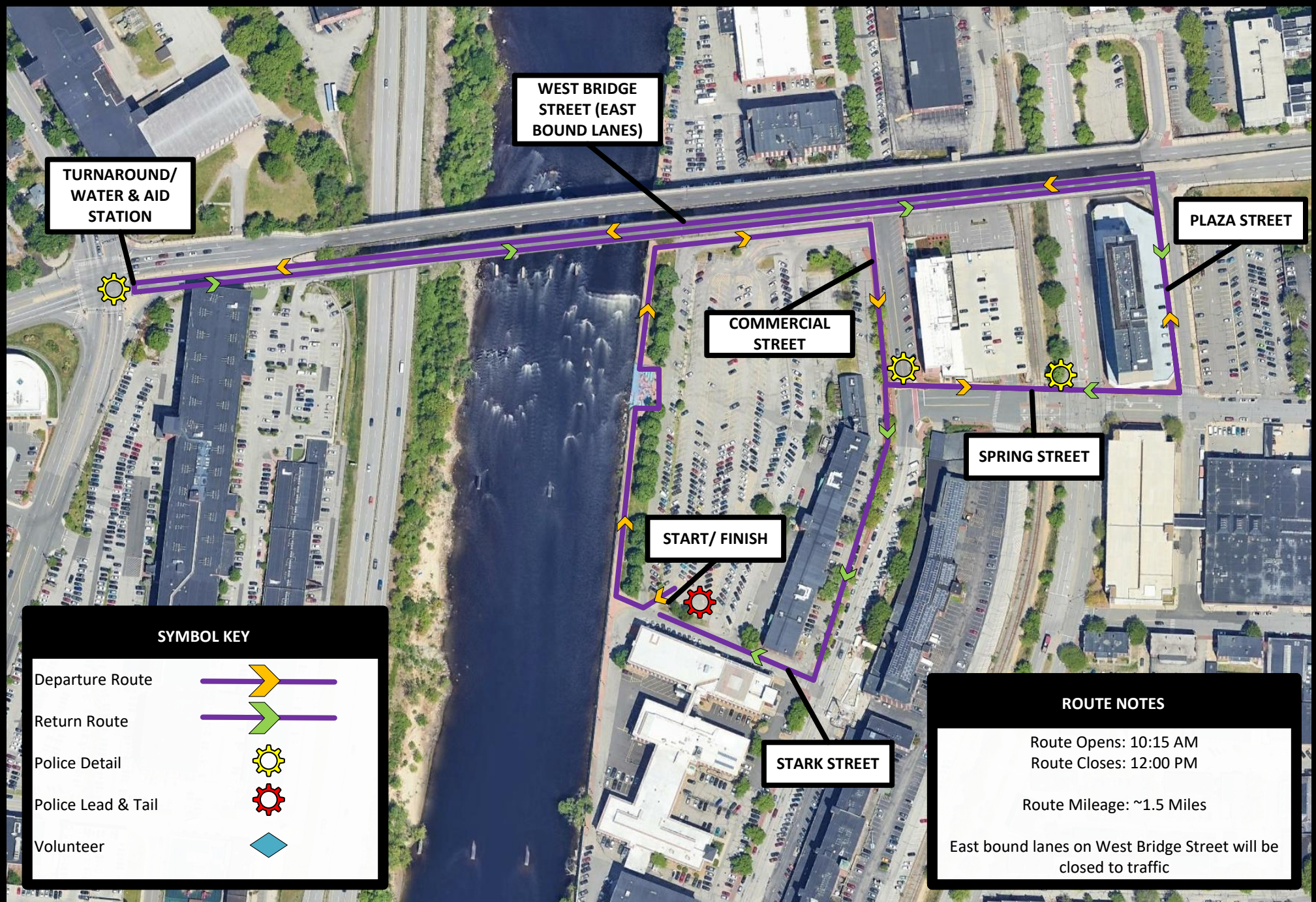


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Dine for Diabetes

After the New Hampshire Walk

Join us after the Walk for some fun and food to raise funds for research, to cure, prevent, and treat type 1 diabetes (T1D). Present this flyer and 10% of your food purchase will be donated to support Breakthrough T1D Greater New England.

Saturday, October 4

500 N Commercial St,
Manchester, NH 03101

Across from Arms Park

