



# The New Hampshire Optometrist

New Hampshire Optometric Association Member Newsletter

Summer 2019

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## President's Message

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**"Teamwork divides the task and multiplies the success" – Unknown**



Earlier this summer, and for the second year in a row, I participated in the Down East Sunrise Trailrelay. This is a race that covers 102.7 miles on a rail trail from Ellsworth to Eastport, ME. There are 16 legs, so each of my 7 teammates and I got to run twice. There were 46 teams and each team starts at a time that will allow them to finish around noon the next day. My team was in the first wave to start at 5:30 on Friday evening.

**See the full President's Message and more by visiting the Members Only section of the website.**

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