



Sign up for important updates from Mrs. Shaw.

Get information for **Irondale Girls Cross Country 2019** right on your phone—not on handouts.

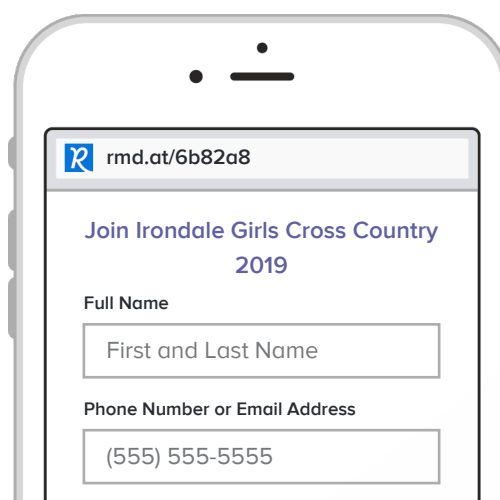
Pick a way to receive messages for **Irondale Girls Cross Country 2019**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/6b82a8

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message **@6b82a8** to the number **81010**.

If you're having trouble with **81010**, try texting **@6b82a8** to **(218) 833-2926**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/6b82a8 on a desktop computer to sign up for email notifications.