



Sign up for important updates from Coach Schulte.

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

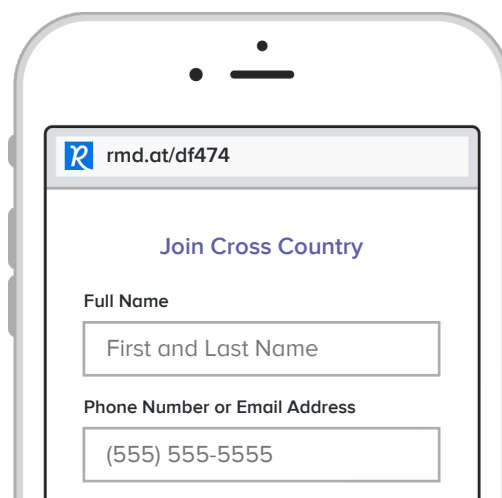
Pick a way to receive messages for **Cross Country**:

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/df474

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 **@df474** to the number **81010**.

If you're having trouble with **81010**, try texting **@df474** to **(469) 502-7883**.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/df474 on a desktop computer to sign up for email notifications.