



Sign up for important updates from Mr. Kaiser and Mrs. J.

Get information for **Lundahl Middle School** right on your phone—not on handouts.

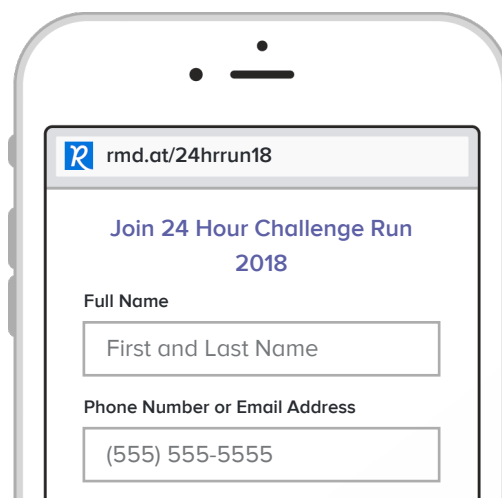
Pick a way to receive messages for **24 Hour Challenge Run 2018**:

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/24hrrun18

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 **@24hrrun18** to the number **81010**.

If you're having trouble with **81010**, try texting **@24hrrun18** to **(941) 347-4954**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/24hrrun18 on a desktop computer to sign up for email notifications.