



Sign up for important updates from Mr. Busboom.

Get information for **Montford Track and Field** right on your phone—not on handouts.

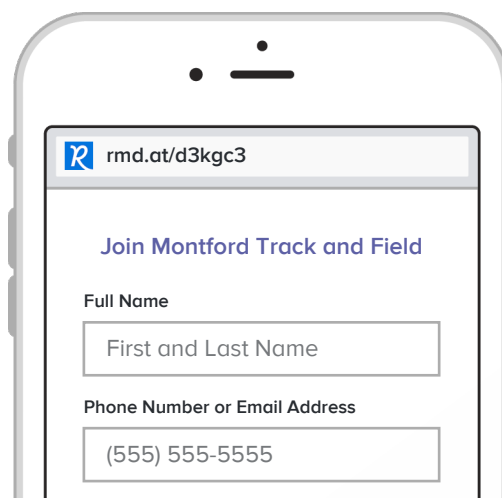
Pick a way to receive messages for **Montford Track and Field**:

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/d3kgc3

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 [@d3kgc3](https://t.me/d3kgc3) to the number **81010**.

If you're having trouble with **81010**, try texting [@d3kgc3](https://t.me/d3kgc3) to **(415) 813-2646**.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/d3kgc3 on a desktop computer to sign up for email notifications.