



# Sign up for important updates from Coach H. Drumm, Coach Hart, Serena Krause, and T. Richmond.

Get information for Lakota West High School right on your phone—not on handouts.

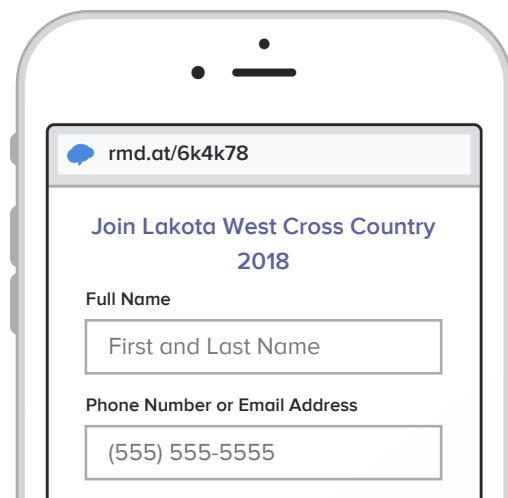
Pick a way to receive messages for Lakota West Cross Country 2018:

**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/6k4k78](https://rmd.at/6k4k78)

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 [@6k4k78](https://t.me/6k4k78) to the number **81010**.

If you're having trouble with **81010**, try texting [@6k4k78](https://t.me/6k4k78) to **(513) 429-7957**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/6k4k78](https://rmd.at/6k4k78) on a desktop computer to sign up for email notifications.