



Sign up for important updates from Adams, C. Gagnon, and Sonia Tatlock.

Get information for **Catamount Race Team** right on your phone—not on handouts.

Pick a way to receive messages for **U12-U14 Tri-State - Catamount**:

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/u12u14t

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

A graphic of a smartphone screen displaying a web browser. The address bar shows "rmd.at/u12u14t". The page title is "Join U12-U14 Tri-State - Catamount". Below the title, there are two input fields: "Full Name" with a placeholder "First and Last Name", and "Phone Number or Email Address" with a placeholder "(555) 555-5555".

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

Text the message [@u12u14t](https://t.me/u12u14t) to the number **81010**.

If you're having trouble with **81010**, try texting [@u12u14t](https://t.me/u12u14t) to **(914) 502-3459**.

** Standard text message rates apply.*

A graphic of a smartphone screen showing a text messaging app. The "To" field contains the number "81010". The "Message" field contains the text "@u12u14t".

Don't have a mobile phone? Go to rmd.at/u12u14t on a desktop computer to sign up for email notifications.