



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

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

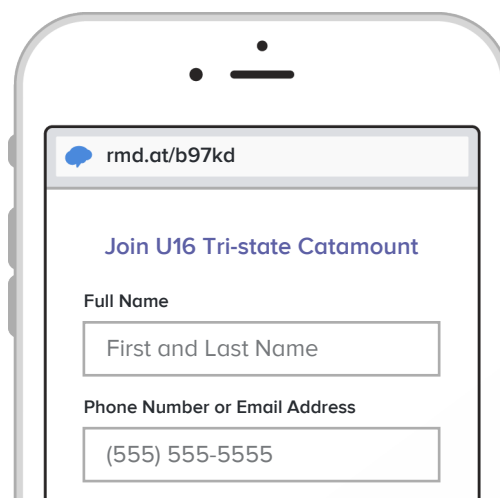
Pick a way to receive messages for **U16 Tri-state Catamount**:

**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/b97kd](https://rmd.at/b97kd)

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 **@b97kd** to the number **81010**.

If you're having trouble with **81010**, try texting **@b97kd** to **(914) 401-4515**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/b97kd](https://rmd.at/b97kd) on a desktop computer to sign up for email notifications.