



Sign up for important updates from Mrs. K. Lindsey.

Get information for Track & Field 2025 right on your phone—not on handouts.

Pick a way to receive messages for Track & Field 2025:

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/97d7g23

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 @97d7g23 to the number 81010.

If you're having trouble with 81010, try texting @97d7g23 to (469) 804-8093.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/97d7g23 on a desktop computer to sign up for email notifications.