



# Sign up for important updates from A. Kramer.

Get information for **Penn Manor Jr. High Cross Country** right on your phone—not on handouts.

Pick a way to receive messages for **Penn Manor Jr. High Cross Country**:

**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/hhef9h](http://rmd.at/hhef9h)

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

A smartphone screen displaying the Remind sign-up page. At the top, the URL "rmd.at/hhef9h" is shown. Below it, the title "Join Penn Manor Jr. High Cross Country" is centered. Under the title, there are two input fields: "Full Name" with the placeholder "First and Last Name", and "Phone Number or Email Address" with the placeholder "(555) 555-5555".

rmd.at/hhef9h

Join Penn Manor Jr. High Cross Country

Full Name

First and Last Name

Phone Number or Email Address

(555) 555-5555

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

Text the message @hhef9h to the number 81010.

If you're having trouble with 81010, try texting @hhef9h to (224) 206-3469.

\* Standard text message rates apply.

A smartphone screen showing a text message interface. The "To" field contains the number "81010". The "Message" field contains the text "@hhef9h".

To

81010

Message

@hhef9h

Don't have a mobile phone? Go to [rmd.at/hhef9h](http://rmd.at/hhef9h) on a desktop computer to sign up for email notifications.