



# Sign up for important updates from J. Newton.

Get information for **WHS Cross Country 2019** right on your phone—not on handouts.

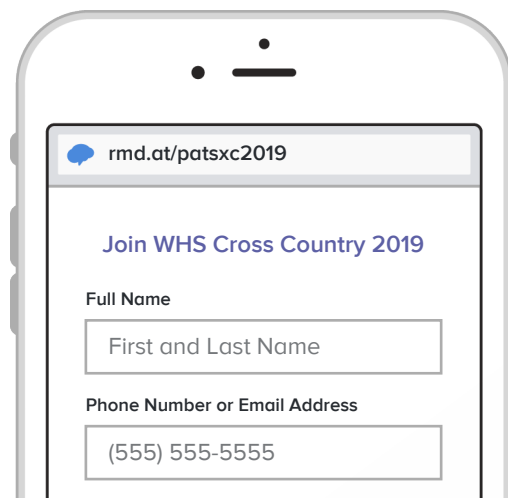
Pick a way to receive messages for **WHS Cross Country 2019**:

**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/patsxc2019](http://rmd.at/patsxc2019)

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 [@patsxc2019](https://www.remind.com/help/using-remind-on-your-phone) to the number **81010**.

If you're having trouble with **81010**, try texting [@patsxc2019](https://www.remind.com/help/using-remind-on-your-phone) to **(816) 759-0199**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/patsxc2019](http://rmd.at/patsxc2019) on a desktop computer to sign up for email notifications.