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

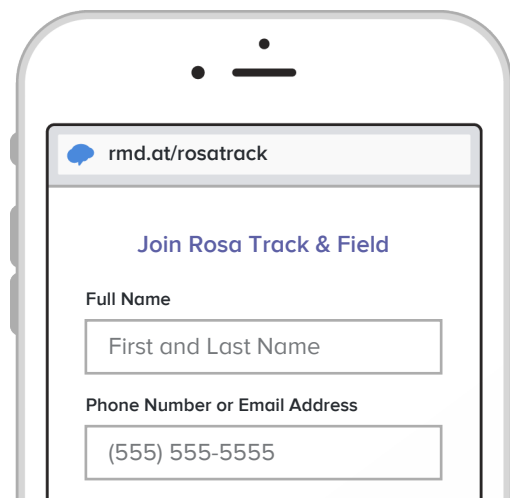
Pick a way to receive messages for Rosa Track & Field:

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/rosatrack

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

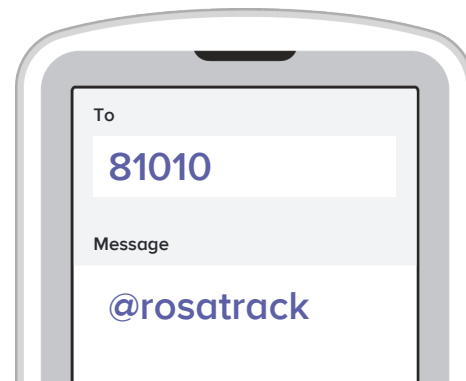


B If you don't have a smartphone, get text notifications.

Text the message [@rosatrack](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@rosatrack](#) to **(910) 728-4154**.

** Standard text message rates apply.*



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