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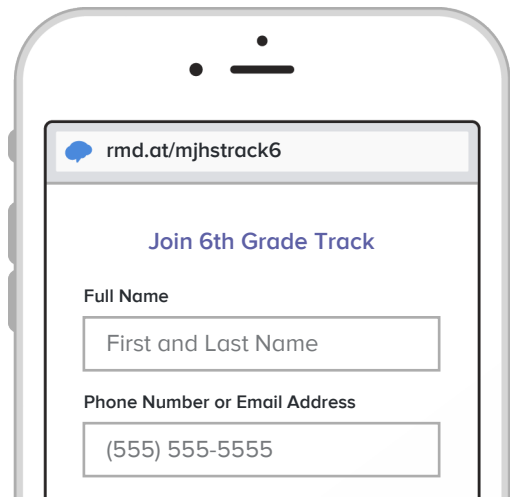
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A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

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Text the message [@mjhstrack6](https://www.remind.com/@mjhstrack6) to the number **81010**.

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Don't have a mobile phone? Go to rmd.at/mjhstrack6 on a desktop computer to sign up for email notifications.