



Sign up for important updates from Mr. Kuphaldt.

Get information for **Bella Vista High School** right on your phone—not on handouts.

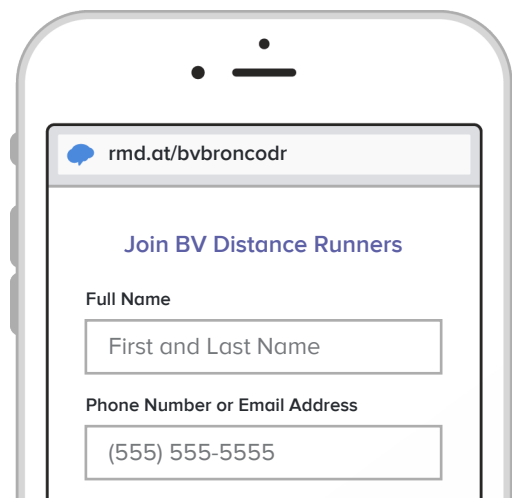
Pick a way to receive messages for **BV Distance Runners**:

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/bvbrncodr

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



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

If you're having trouble with **81010**, try texting [@bvbrncodr](#) to **(916) 794-4855**.

** Standard text message rates apply.*



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