



# Sign up for important updates from BHarv.

Get information for Crescenta Valley High School right on your phone—not on handouts.

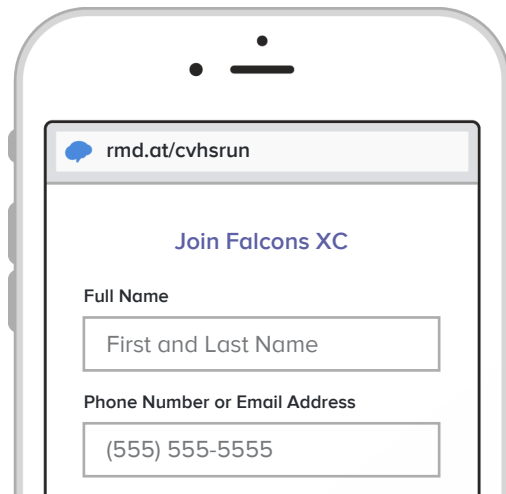
Pick a way to receive messages for Falcons XC:

**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/cvhsrun](https://rmd.at/cvhsrun)

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 [@cvhsrun](https://t.me/cvhsrun) to the number 81010.

If you're having trouble with 81010, try texting [@cvhsrun](https://t.me/cvhsrun) to (818) 877-4659.



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