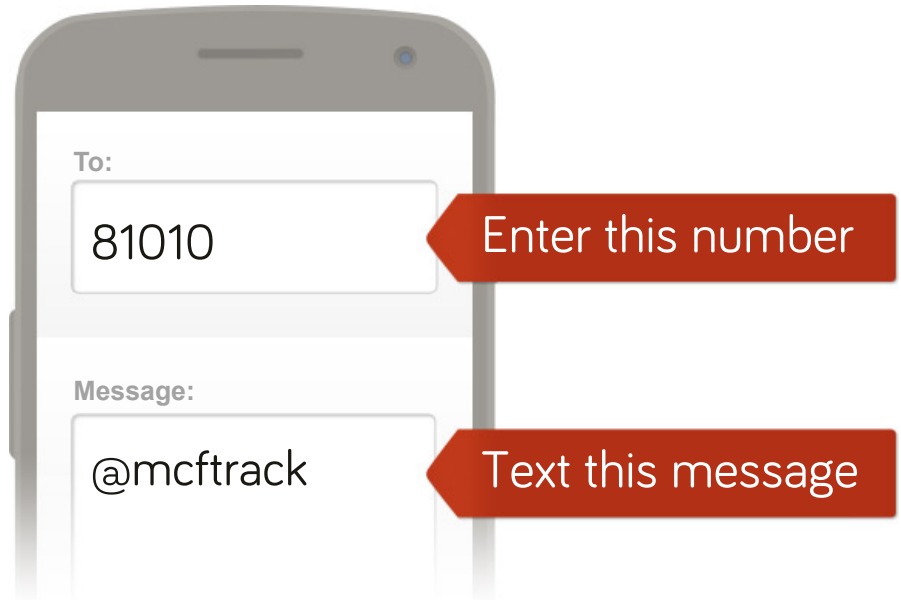


# Mr. Northouse would like you to join McFarland Track and Field!



To receive messages via text, text **@mcftack** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @mcftack'.

Trouble using 81010? Try this Remind number instead:  
**(608) 519-4332**



\*Standard text message rates apply.

Or to receive messages via email, send an email to **mcftack@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



## WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit [remind.com](http://remind.com) to learn more.