

USADA has received many questions concerning texting updates to an email address. In order to clarify your questions, we have provided simple directions to text updates to USADA.

### TEXTing directions

**Save the E-mail address in your cell phone:**

1. Create a new contact in your phone, call it USADA-Text Update or other memorable name
2. Instead of entering a phone number, enter the following [text@usada.org](mailto:text@usada.org)
3. Save

**Send TEXT:**

1. Create a new text message
2. From your Contacts list select USADA-Text Update or other memorable name
3. Enter your update and hit send
4. You will receive a confirmation text that we received the update
5. USADA will get the update in the form of an e-mail

**Note:** Your name will not appear on the text, be sure to include it every time. Also, include your travel dates, the length of your trip, address and location(s) where you will be staying, and other important scheduling information.