



Event Details and Rider Information for the 4<sup>th</sup> Annual Spin-a-thon!

Sunday, January 29, 2017 9 AM – 1 PM

Multnomah Athletic Club, 1849 SW Salmon St, Portland OR 97205

**Where:**

Basement level Spin Studio

**Parking**

Free in the member garage with this invitation, as available. Show this email to the parking attendant when you arrive. The garage entrance is on SW 20<sup>th</sup> between Salmon and Main St. Please be aware that parking is limited and you may be directed to an overflow garage.

**Entering the building**

Use the main entrance. The awesome and friendly entrance team member will direct you to the Spin Studio on the Basement level of the club. Guests to the club do not need to sign in – just telling them you are here for the spin-a-thon..

**Registering**

Please check in with the registration table manned by the energetic Foundation Directors and MAC Scholar Athletes. They will have directions to the locker rooms, present you with a cool goody bag and take your contributions if you have not yet paid.

**Change clothes or shower**

Locker rooms with showers and towels are available for guests. Please bring a lock to secure your belonging while you ride.

**Stretching**

Our event stretching zone is right across the hall from the Spin Studio. The room will be available during the entire event. After each hour of riding, we will provide some glorious stretching lead by Jennifer Hanson (yoga instructor and cyclist).

**What is provided:**

Towels  
Cold purified water station  
Nibbles like an outdoor ride (apples, bananas, oranges, fresh oatmeal cookies, gummy bears, m&ms)  
Awesome instructors  
Terrific work out

**What to bring/wear:**

Team jersey/t-shirt/socks...whatever is fun and looks great in photos!  
Water bottle  
Shoes – bikes have SPD and cages – limited number of LOK compatible pedals  
Energy in spades  
Sense of fun and smiles  
Personal energy snacks or drinks

**What to expect each hour**

First 5 minutes music will be a warm up with music and brief, enthusiastic gratitude to our sponsors  
Ride for 45 minutes – all about you!  
Last 10 minutes will be giveaways, cool down and riders switching to the next hour's rider

**Contact**

Lisa at [lbendt@MultnomahAthleticFoundation.com](mailto:lbendt@MultnomahAthleticFoundation.com) or office number 503-517-2350 and Event Day 503-840-7091

Learn more about the Foundation's community grant recipients - <http://www.multnomahathleticfoundation.com/grantees/>. Thank you for your willingness to ride, to be a sponsor and support athletic participation for kids. With your pedaling, we hope to raise \$\$\$ for community grants to nonprofit organizations!