



Event Details and Rider Information for the 5th Annual Spin-a-thon!

Sunday, January 28, 2018 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 20th 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 rider/goodie bag and take your contributions.

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/Good eats

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). Pre and post ride treats designed by Tysen Christensen, MAC Nutritionist and Dietician.

What is provided:

Towels
Cold purified water station
Nibbles like an outdoor ride (apples, bananas, oranges, sandwiches, string cheese and other treats)
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 or office number 503-517-2350 and Event Day 503-840-7091

[Learn more about the Foundation's community grant partners.](#) Thank you for your willingness to ride, to be a sponsor and support athletic participation for kids. With your pedaling and generous support, we will inspire and enable youth athletic participation!