



Event Details and Rider Information for the 6th Annual Spin-a-thon!

Sunday, January 27, 2019 8 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.

[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!

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. And you can follow the signs! Guests to the club do not need to sign in – simply state 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.

There will be no gear/gym bags allowed in the spin studio. We have plenty of room in a secure and attended room across the hallway for your stuff.

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 Katarina and Jed (MAC yoga instructors).

RIDE

What is provided:

- Towels
- Water bottle
- Cold purified water station
- Pre and Post 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!
- 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 for cool down and riders switching to the next hour's rider

EXPO

New in 2019

We will have plenty of room to socialize before & after the ride AND surround yourself with healthy options!

- **Good eats** - Pre and post ride treats designed by Tysen Christensen, MAC Nutritionist and Dietician.
- **Flexibility & Massage** - Chad Anderson (8 – 1:30 PM),
- **Good Health** - MAC Naturopath Dr. Lindsey Nelson (9:30 – 11 AM)
- **Smile** - Photo booth fun
- **Learn** about the door prizes at the Post Ride Party
- **Bid** on the 2019 auction items. Our partners from Red Truck will be available for questions and provide tech support.

POST RIDE PARTY

New in 2019

Remember that all riders and a guest of your choice are invited to the Post ride party to celebration!

- **Thursday January 31 from 5:30 – 7:30 PM** at Charles Schwab, 820 SW Morrison with FREE validated parking
- Food from Elephants Catering & Events, Wine from Eola Hills Winery and Beer from Hopworks
- 4 incredible and healthy door prizes – you must be present to win!
- Come join the celebration of riders, sponsors and an effort that supports kids playing and participating in sports.
- **RSVP** – if you did not get the Evite, Click <http://evite.me/MgAlGuXbyM>

Thank you for joining us!

2019 Spin-a-thon Committee

Pam Welch, Chair

Susan Hale

Randy Norris

Denise Patridge

Kim Sisul

Linda Spaulding

Mary Turina

Debbie Williams

Contact with questions:

Lisa at lbendt@MultnomahAthleticFoundation.com or office number 503-517-2350

Event Day 503-840-7091 text