



Event Details and Rider Information for the 7th Annual Spin-a-thon!

Sunday, January 26, 2020 7 AM – 12 PM

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

Where:

Basement Level in Studio 1, Studio 3, and 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.

Check In

Please check in at the Check in / Expo in Studio 1 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 answer any questions.

There will be no gear/gym bags allowed in the spin studio. We have plenty of room at the attended Bag Drop area in the Expo studio or in Locker Rooms.

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 MAC 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 10 minutes will be a warm up with music and brief enthusiastic gratitude to our sponsors while you get settled

Ride for 45 minutes – all about you!

Last 5 minutes will be for cool down and switching to the next hour's ride

EXPO

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

- **Good eats** - Pre and post ride treats provided by the foundation's board of directors.
- **Flexibility & Massage** - Chad Anderson (7am – 12pm),
- **Smile** - Photo booth fun
- **Learn** about the auction items at the Post Ride Party
- **Enter** to win one of four car roof racks provided by ReRack

POST RIDE PARTY

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

- **Thursday January 30 from 5:30 – 7:30 PM** at Charles Schwab, 820 SW Morrison with FREE validated parking
- Food from Elephants Catering & Events, Wine from Crowley Winery and Beer from pFriem
- 3 incredible live auction items provided by Cycle Oregon and Orange Torpedo Trips – you can have someone bid for you via proxy!
- 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 here](#)

Thank you for joining us!

2019 Spin-a-thon Committee

Debbie Williams, Chair

Susan Hale

Pam Welch

Denise Patridge

Kim Sisul

Linda Spaulding

Mary Turina

Contact with questions:

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

Event Day - Emily at 503-840-7091 text