



Event Details and Rider Information for the 9th Annual Spin-A-Thon!

Sunday, March 13, 2022 7.30 AM; 9 AM; 10.30 AM

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

Where:

Basement Level in Studio 1 and Spin Studio

Parking

Free in the member garage with this invitation, as available. 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 from 2021 [Spring](#) and [Fall](#). Thank you for your willingness to ride, to be a sponsor and support youth. With your pedaling and generous support, we will inspire and enable athletic participation and education!

Entering the building

Club members will scan into to the club using the new member credential system. Guests require a QR code on paper or an electronic version via an email to scan in. This code is being sent from the club in a separate email for the Sunday ride. Please 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 feet from the front entrance!

Check In

Please register at the Check in table in Studio 1 manned by the energetic Foundation Directors and volunteers. They will have directions to the locker rooms (if you need them), answer any questions and show you the goodie bag bar with items from our fantastic sponsors.

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

Change clothes or shower

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

Stretching

After each hour of riding, we will provide some glorious stretching led by an amazing MAC instructor.

RIDE

What is provided:

- Towels
- Cold purified water station
- Pre and Post Nibbles (apples, bananas, oranges, and other treats)
- Awesome instructors
- Terrific work out
- Pedaling with a purpose and positive impact

What to bring/wear:

- Water bottle
- 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 then onto the glorious stretch!

AUCTION

- **Learn** about the online auction items and check out the bidding opportunities [here](#).

PARTY

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

- **Monday March 14 from 5:00 – 7:00 PM** at the MAC with FREE parking
- Come join the celebration of riders, sponsors and an effort that supports kids participating in sports and thriving.
- **RSVP** for the free party [click here](#)
- The online auction will close during the party and has some amazing experiences and used spin bikes to keep moving.

Thank you for joining us!

2022 Spin-a-thon Committee

Debbie Williams

Rebecca Roberts

Susan Hale

Pam Welch

Denise Patridge

Linda Spaulding

Contact with questions:

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

Event Day - Emily at 707-502-4374 via text