



Event Details and Rider Information for the 12th Annual Spin-a-thon!

Sunday, March 9, 2025 8.30AM and 10AM

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

Where:

Basement Level in Studio 1 and Stadium (Spin) Studio

Parking

Free in the member garage with this invitation. The garage entrance is on SW 20th between Salmon and Main St. Please be aware that parking may be limited, and you may be directed to an overflow garage.

Guests – please take a ticket from the parking kiosk and we will validate as you leave the club. The amazing front desk staff will help validate your ticket.

Entering the building

Club members will be scanning to the club using their member credentials. Guests - please use the main entrance. Guests should tell the main desk when they arrive that they are attending the Spin-A-Thon. The awesome and friendly entrance staff will direct you to the 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 belonging while you ride.

Stretching

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

RIDE

What is provided:

- Towels
- Cold purified water station
- Pre and Post Nibbles (apples, bananas, oranges, and other treats)
- Awesome instructors
- Terrific work out
- Pedal 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 if you choose to use them – limited number of LOK compatible pedals

Energy in spades

Sense of fun and smiles

What to expect each hour

First 10 minutes will be a warmup 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 with Jennifer!

AUCTION

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

Learn more about the Foundation's community grant partners from [2024](#). 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!

Thank you for joining us!

Contact with questions:

Before the event - Lisa at lisa@MultnomahAthleticFoundation.com or cell number 503-840-7091

Event Day - Debbie at 503-421-6445 (text)

Thank you

2025 MAF Week Sponsors

BIG WHEEL		DERAILLEURS		
		 PATRICK LUMBER COMPANY	 mind matters, P.C. CHILD & FAMILY PSYCHIATRY SPORTS PSYCHIATRY Healing Minds, Changing Lives	
HANDLEBARS				
				
				
AUCTION				
Alloro Vineyards Bill Cordano	Columbia Grain Cycle Oregon Gravel Ride	Mark Marcelline Multnomah Athletic Club Multnomah Whiskey Library	Nossa Familia Coffee On The Wine Spa	Orange Torpedo Trips Ora et Labora