

Welcome, Event Guests!

Find everything you need to know about
your visit to MAC inside.



Multnomah Athletic Club

1849 SW Salmon St, Portland, OR 97205



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WI-FI

- Connect to **WiMAC_Guest**
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Multnomah Athletic Club is Portland's leading – and oldest – social and athletic club. Serving more than 20,000 members, it's comprised of 600,000 square feet situated along historic Salmon Street in downtown Portland. MAC, as it's known, overlooks Providence Park, home of the Timbers and Thorns soccer teams. First-class facilities meet robust fitness, wellness, dining, and recreational and competitive sports offerings to create a community unlike any other.



POLICIES AND PROCEDURES

Athletic Code of Conduct

Multnomah Athletic Club's Athletic Committee has adopted the following code of conduct for all participants in MAC sponsored athletics:

1. While competing at any venue, we will play fairly and encourage fellowship among our opponents and ourselves.
2. We will treat each other, our opponents, guests, officials, and staff with dignity and respect.
3. We will at all times, whether as competitors or spectators, conduct ourselves in a sportsmanlike manner, and we will not tolerate any among us who do not.
4. We will not tolerate the use of performance-enhancing drugs to gain a competitive advantage.
5. We will instill these values in our junior members and guests through education and example.
6. We will not intentionally cause physical or emotional injury, including, but not limited to, intentionally using profanity, abusive language or discriminatory epithets.
7. We will comply with all MAC "safe sport" standards. Any act considered offensive by reasonably accepted community standards is a violation of the MAC Athletic Code of Conduct.

Food and Beverage Policy

Outside food may be brought in and served only in athletic spaces/venues, subject to MAC rules, as well as Multnomah County health department regulations. There is no external food allowed in the club's social, meeting, or banquet room spaces. The front entrance is unable to accept or hold any third party deliveries.

MAC's Food & Beverage team has an Athletic Events Catering Menu tailored specifically for hosted competitions at the club.

Donated Keg Policy

All event attendees and spectators need to have a wristband to be served alcohol. Two colors of wristbands are given out daily at the event check-in table, one for members and one for guests. Event attendees and spectators are not served unless they have a wristband. Keg service takes place in four-hour windows with an hour break before the next service.

Check-In Procedures

The external organization works with the MAC athletic events coordinator and Sport Committee staff liaison to get first name, last name, and email addresses for all event attendees and spectators two weeks prior to the event. Three business days prior to the event, all event attendees receive an email with the QR code to use for access to the club and parking information. Then, 24 hours prior to the event, a reminder email is sent with the same information. If there are late additions to the event roster, guests need to use the kiosk at the Main Entrance to check in and receive a printed QR code.

GENERAL CLUB RULES

Liability Waiver

All participating MAC guests must sign the [liability waiver](#) before entering the club.

Dress Code

MAC's Dress Code was established by the House Committee to make the club a comfortable place for children and families, and a first-class destination for business functions and fine dining.

- Athletic clothes that are visibly dirty or have visible perspiration on them are not allowed in social areas. Social areas include the Ballroom, Main Lobby, Reading Lounge, Stadium Terrace, Cornerstone Lounge, Centennial Lounge, first-floor restaurants, and second-floor hallway. No athletic towels are allowed in dining spaces.
- Attire not allowed in social areas of the club includes: spandex-type athletic shorts, cut-off shorts, clothing with offensive writing or images, and shower sandals. Bare feet also are not permitted.
- While in athletic areas, guests must wear suitable attire for the activity in which they are participating.

Emergency Contact

If there is an emergency, please notify the closest MAC staff or athletic event coordinator. The athletic event coordinator will notify the Manager on Duty immediately.

If there is an emergency that is outside of the main building, please call the Manager on Duty at 503-341-7242.

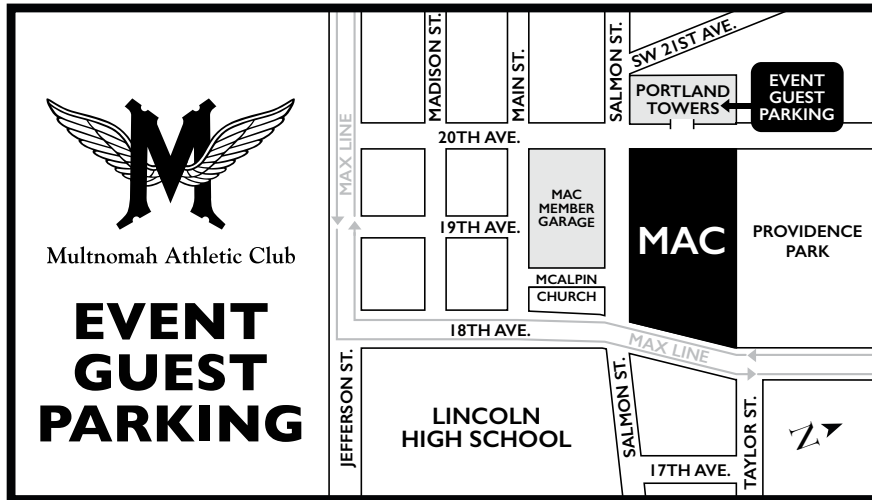
Electronic Device Usage

- Cellphone calls can be made only in hallways, lobby, or phone banks. To receive a call, move to an area where quiet conversations are allowed.
- Cellphone calls are not allowed in wet areas, restrooms, and showers.
- Photography and video/audio recording are not permitted in the event locker room.
- Photography and video/audio recording are permitted in other areas of the club with prior consent from the subject(s).

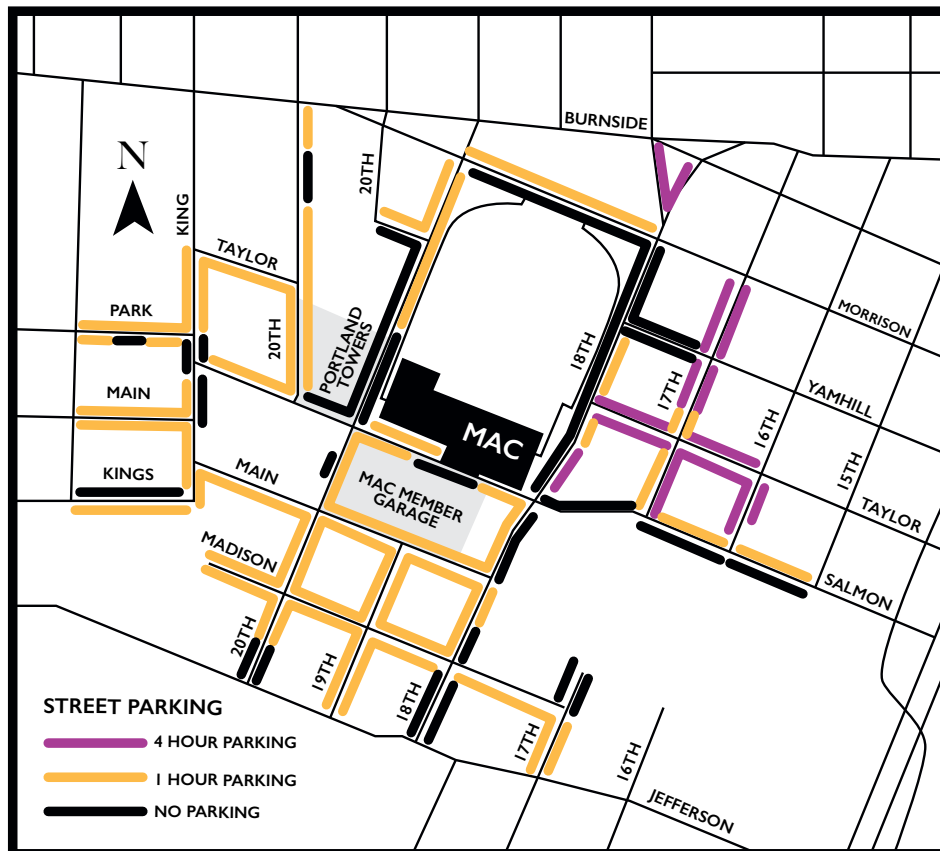
PARKING AND TRANSPORTATION

Portland Towers

Event guest parking is not permitted in the member garage. Limited guest parking may be available in the Portland Towers garage on SW 20th Avenue, across the street from the west end of MAC. Please see parking map below. There is an event guest fee of \$15 per vehicle, which can be paid at the kiosk located near the entrance of the garage.



Street Parking





Disabled Parking Permits

Parking for persons who are disabled is available in the Parking Structure and Turnaround. Temporary or special Disabled parking requests should be directed to the club’s parking manager.

Turnaround

There are two wheelchair-accessible parking spots and one ADA stall in the the Turnaround. Aside from these, the area in front of the main clubhouse is for loading and unloading only. Drivers must remain with their vehicles at all times. Vehicles parked in violation of this policy may be towed at the owner’s expense and liability.

Bicycles

Guests who bike to the club can use their own locks to secure their bikes to one of two bike racks. One is located off the Turnaround in front of the Athletic Entrance, and another is situated outside the bike cage on the first level of the Member Parking Structure.

Alternative Transportation

Guests are encouraged to take alternative transportation to the club via TriMet or Lyft. TriMet’s MAX Blue and Red lines serve the area. The Providence Park MAX station is across the street from the stadium entrance. Bus lines 15-Belmont/NW 23rd, 20-Burnside/Stark and 24-Fremont/NW 18th all run near Multnomah Athletic Club. Busses on the 6-ML King Jr line stop three blocks south of Providence Park on SW 18th Ave. Please visit trimet.org for current schedules.

Use \$3 off Lyftcode: **MAC2026**.



(left) The Sports Pub (right) Joe's

SPACES USAGE

Event attendees are allowed in the social space where the competition is held. For example, racquetball players and spectators are allowed in the Racquetball Lounge. All other social spaces are **off-limits**, unless otherwise noted below.

Dining Spaces

- Event attendees can access two MAC dining options, The Sports Pub and Joe's
 - Guests can pay only with a credit card
 - Event attendees must be 18 years of age or older to dine at The Sports Pub without a guardian. They may eat unattended in the dining space outside of the Sports Pub known as the Cornerstone Lounge.
- Dining Hours of Operation
 - The Sports Pub: Monday – Friday 6 am – 10:30 pm, Saturday 11 am – 10:30 pm, Sunday 11 am – 8 pm
 - Joe's: Monday – Friday 7 am – 7 pm, Saturday 8 am – 4 pm, Sunday 8 am – 2 pm
 - Hours are subject to change
- The Sunset Bistro and 1891 can only be accessed as part of a member reservation.

Additional Spaces

- Mporium is located just inside the Main Entrance on the first floor of the clubhouse. MAC's in-house destination for athletic gear, fashion, and home décor is credit card-only.
- Locker Rooms: Usage is based on the event. All other locker rooms are not allowed. The athletic event coordinator notifies the external organization where the event locker room is located. MAC is not responsible for any personal items left unattended. Event attendees are encouraged to keep all personal items with them at all times. No guest lockers are available.
- Athletic Spaces: Athletes are allowed only in the athletic space in which they are competing. The athletic events coordinator clarifies what those athletic spaces are during initial planning meeting.



SPECIAL MAC RATE HOTELS

Use the discount code at any of the hotels listed below to receive an exclusive MAC rate. To use the code, guests can either call the hotel directly and let them know they are wanting to use the MAC Rate or they can book online using the code PHMUAT. Click [here](#) to begin an online reservation now.

Hotel Deluxe

.46 miles

729 SW 15th Ave.

866-895-2094

“MAC Rate”: Use code PHMUAT

hoteldeluxeportland.com

Hotel Lucia

.88 miles

400 SW Boadway

503-225-1717

\$125-\$575

“MAC Rate”: Use code PHMUAT

hotellucia.com

Sentinel Hotel

.65 miles

611 SW 10th Ave.

503-224-3400

\$129-\$250

“MAC Rate”: Use code PHMUAT

sentinelhotel.com

The Dossier

.76 miles

750 SW Alder St.

503-294-9000

\$235-\$415

“MAC Rate”: Use code PHMUAT

provenancehotels.com/dossier-hotel

ATTRACTIONS AND AMENITIES NEAR MAC

There's a lot to do and see right around the corner from Portland's oldest social and athletic club!



MUSEUMS & PARKS

Washington Park, Japanese Garden, and International Rose Test Garden

washingtonparkpdx.org/attractions

Bus: Board #18 at 19th and Salmon. Get off at SW Kingston and Japanese Garden. Approximately 30 minutes.

Oregon Zoo

oregonzoo.org

Fees: Adults (12-64) \$11.50; Youth (3-11) \$8.50; Seniors (65 and older) \$10

Parking: Fees mirror downtown Portland's hourly rate of \$1.60/ hour with a \$4 daily maximum during the non-peak season (April 1-Sept. 30) and a \$6.40 daily maximum during peak season (Oct. 1-March 31).

Light rail: Board MAX Blue Line to Hillsboro at 18th and Salmon. Get off at Washington Park MAX Station. Approximately 15 minutes.

Portland Children's Museum

portlandcm.org

Hours: 9 a.m.-5 p.m.

Fees: Ages 1-54 \$10; Ages 55 and older and military \$9

Light rail: Board MAX Blue Line to Hillsboro at 18th and Salmon. Get off at Washington Park MAX Station. Approximately 15 minutes.

World Forestry Center

worldforestry.org

Hours: 10 a.m.-5 p.m.

Fees: Adults: \$9; Seniors (62 and older) \$8; Children (3-18) \$6

Light rail: Board MAX Blue Line to Hillsboro at 18th and Salmon. Get off at Washington Park MAX Station. Approximately 15 minutes.

Pittock Mansion

3229 NW Pittock Dr.

pittockmansion.org

503-823-3623

Fees: Adults \$10.50; Seniors (65 and older) \$9.50; Youth (6-18) \$7.50

Bus: Board #20 on West Burnside and NW 20th towards Beaverton Town Center. Get off at W. Burnside and NW Barnes. Walk $\frac{3}{4}$ of a mile to Pittock Mansion

Tom McCall Waterfront Park

Hours: 5 a.m.-midnight

The park includes a boat dock, accessible restrooms, fountain, historical site, paved paths, public art, and seasonal and special events. Biking is allowed except when posted otherwise for certain events.



Portland Art Museum

1219 SW Park Ave.
portlandartmuseum.org
503-226-2811

Hours: Closed Monday; 10 a.m.-5 p.m. Tuesday, Wednesday, Saturday, and Sunday; 10 a.m.-8 p.m. Thursday and Friday

Fees: Adults \$15; Seniors (55 and older) and college students \$12; Children (17 and younger) no cost

NW 23rd Avenue

Sometimes called “Trendy-Third,” NW 23rd Avenue is lined with shops that sell high-end furniture, fashions, housewares, and beauty products. Take a walk down the street and see what strikes your fancy. Local restaurants and coffee shops can help complete your morning, afternoon, or evening.

Bus: Board #15 at SW 18th and Morrison (near Providence Park) and get off at any stop along NW 23rd.

SHOPPING

Pioneer Square

thesquarepdx.org
Located in the heart of downtown Portland, this bricked urban park is sometimes called “Portland’s Living Room.” It is surrounded by high-end department stores, independent local stores, and familiar brand stores, many located in the adjacent indoor mall, Pioneer Place. There are also coffee shops, restaurants and movie theaters that make for a fun-filled walk around downtown.

Light rail: Board MAX Red Line to Airport, or MAX Blue Line to Gresham. Get off at Pioneer Square.

Saturday Market

108 W. Burnside St. (at the north end of Tom McCall Waterfront Park)

portlandsaturdaymarket.com

Operating since 1974, the Portland Saturday Market is the largest continually operating outdoor arts and crafts market in the nation. Centered in Portland’s historic Old Town, the market is one of the most popular shopping destinations for local handcrafted goods.

Hours: March through Christmas Eve, 10 a.m.-5 p.m. Saturday, and 11 a.m.-4:30 p.m. Sunday

Light rail: Board MAX Red Line to Airport, or MAX Blue Line to Gresham. Get off at Skidmore Fountain.

DRUG STORE/PHARMACY

Walgreens

21st and Burnside
503-295-6480
Hours: 8 a.m.-10 p.m. daily

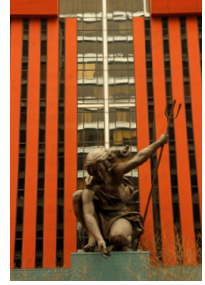
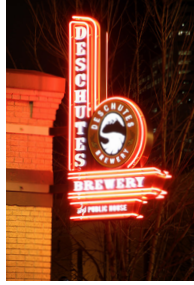
HOSPITAL/URGENT CARE

Legacy Good Samaritan Hospital

1015 NW 22nd Ave.
503-413-7711

ZoomCare – Pearl District

202 NW 13th Ave.
Hours: 8 a.m.-8 p.m. weekdays; 9 a.m.-5 p.m. weekends



GROCERY SHOPPING

Fred Meyer

20th and Burnside

503-273-2004

Hours: 7 a.m.-11 p.m.

Zupan's Market

2340 W Burnside

503-497-1088

Hours: 6 a.m.-10 p.m.

Safeway

1030 SW Jefferson

503-205-1849

Hours: 5 a.m.-midnight Sunday-Thursday;

5 a.m.-1 a.m. Friday and Saturday

Trader Joe's

2122 NW Glisan St.

971-544-0788

Hours: 8 a.m.-10 p.m.

BANKS

U.S. Bank

2000 SW Morrison St.

503-275-4850

Chase Bank

2364 W Burnside St, Suite 1

503-238-3366

Bank of America

221 NW 21st Ave.

503-279-3200

Wells Fargo

1972 W Burnside

503-923-6071

Wells Fargo

2121 W Burnside

503-525-0932

Key Bank

2057 W Burnside

503-226-7283