



Thank you for joining – Our meeting will begin shortly.

How is Everyone Feeling?

Comment out loud
or via chat window.

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene



MISSION

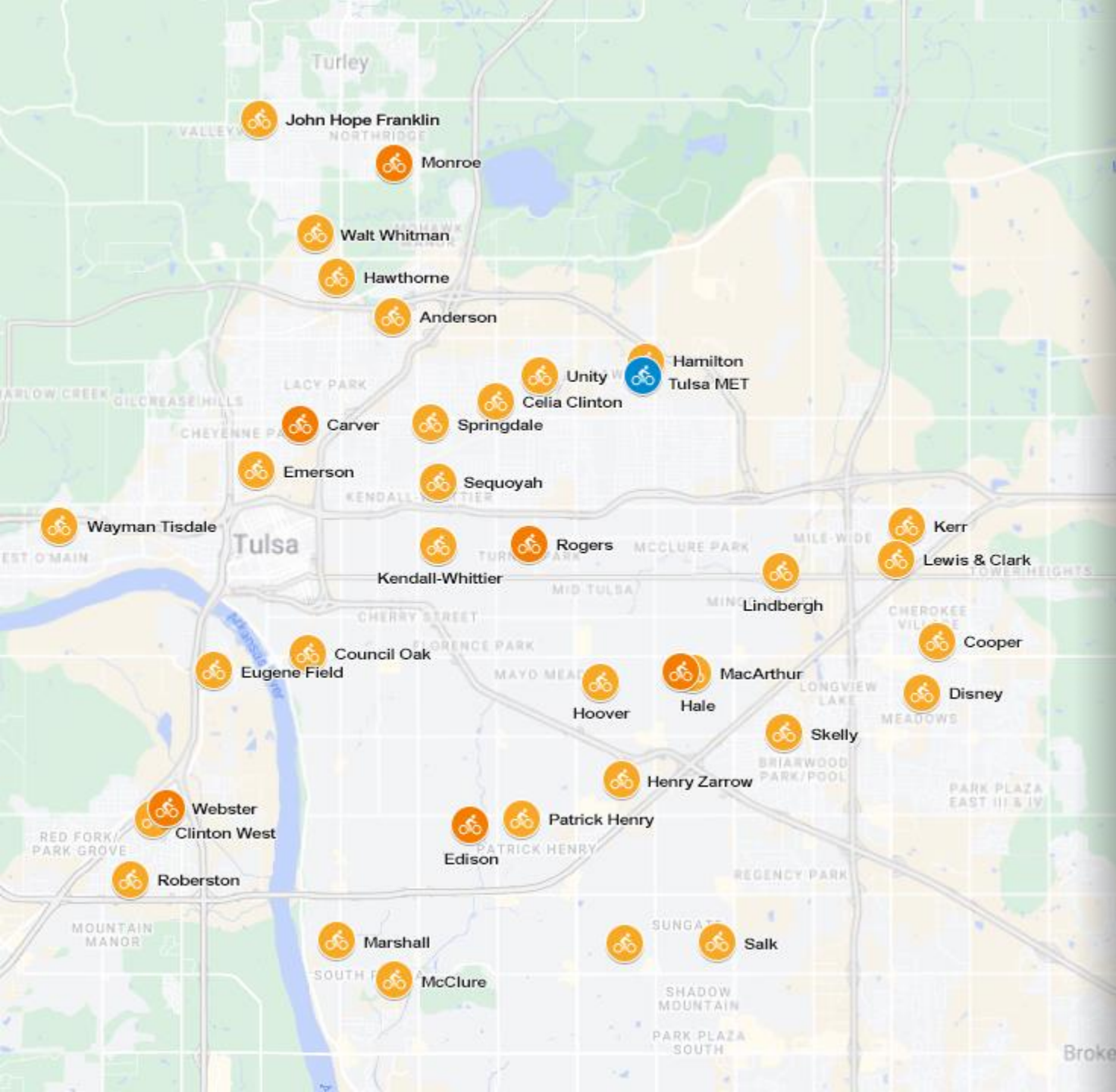
**BUILDING CONFIDENT CYCLISTS
AND GREAT TULSANS
THROUGH COMMUNITY ENGAGEMENT**



TODAY'S AGENDA

1. Bike Club's in 2024-25
2. Getting Started
3. Ride Calendar
4. Resources





PROGRAMMING NOW OFFERED IN **37 TULSA PUBLIC SCHOOLS!**

ELEMENTARY

Anderson
Celia Clinton
Clinton West
Cooper
Council Oak
Disney
Emerson
Eugene Field
Hamilton
Hawthorne
Henry Zarrow
Hoover
John Hope Franklin
Kendall-Whittier
Kerr
Key
Lewis and Clark
Lindbergh
MacArthur
Marshall

McClure
Patrick Henry
Robertson
Salk
Sequoyah
Skelly
Springdale
Unity
Walt Whitman
Wayman Tisdale

MIDDLE SCHOOL

Carver MS
Edison MS
Hale MS
Monroe MS
Rogers MS
Webster MS

MECHANICS

Tulsa MET HS



BIKE CLUB FIRST TEN YEARS

10

YEARS OF BIKE CLUB
ACTIVITIES

3,000

STUDENTS HAVE
PARTICIPATED

28K

HOURS OF ADULTS
WORKING WITH YOUTH

165K

MILES TRAVELED
BY BIKE

17M

CALORIES
BURNED

BIKE CLUB

2024-25 DEMOGRAPHICS

615

TPS
STUDENTS

53%

BOYS

47%

GIRLS

GENDER

30%

ENGLISH LANGUAGE
LEARNERS

11%

SPECIAL
EDUCATION

RACE AND ETHNICITY

35%

HISPANIC

23%

BLACK

23%

WHITE

11%

BIRACIAL

6%

NATIVE

OPENING ACTIVITY



Change a life...

Mentoring helps young people develop skills to handle life's challenges by offering:

- **Health and wellness** – Young people need outlets that promote active and healthy lifestyles. Bike Club plants a seed for health choices that will grow well beyond club activities.
- **Active learning** – Opportunities outside school to learn and grow.
- **Health and wellness** – Encouraging healthy, active lifestyles beyond club activities.
- **Encouragement** – Positive support from peers and adults to be their best.
- **Support** – Surrounded by individuals who care and accept them.
- **Social skills** – Learning to interact, make decisions, and adapt to new situations.

Change your life...

- **Building confidence** – Trying new things and achieving goals.
- **Making a difference** – Positively impacting others and communities.
- **Meeting people** – Connecting with new friends.
- **Being part of a community** – Feeling connected beyond your circle.
- **Learning new skills** – Gaining experience and qualifications.
- **Taking on challenges** – Exploring new talents and reaching personal goals.



GETTING STARTED



Volunteer Checklist

- ☐ Complete Volunteer Sign-Up Form
- ☐ Submit Background Check – **NEW Volunteers Only**
- ☐ Attend Training (In-Person if possible)
- ☐ Confirm Club (Day/Time) by working with Bike Club Staff
- ☐ Request to Join Club's GroupMe Messaging App and if on social media, Bike Club Closed Group Facebook Group, Public Facebook Page and/or Instagram Account
- ☐ Use Volunteer Hub to Familiarize Yourself with Club Lessons including Volunteer Handbook
- ☐ Attend Social Cookout Events to Stay Connected
Kick-Off Cookout: Sept 16th, American Solera, 1702 E 6th St, Tulsa, OK 74104
- ☐ Contact Program Managers with Questions

How Volunteer's Sign-up to Participate

1

Volunteer Application | Bike Club

bikeclubtulsa.com/volunteer.p

BIKE CLUB MENU

HOW TO GET INVOLVED

To become a Bike Club volunteer, please provide your contact information and preferences below. Tulsa Public Schools require all volunteers to undergo a background check. All fields are required unless denoted.

FIRST NAME **LAST NAME**

First Last

ADDRESS

123 Main St.

CITY **STATE** **ZIP**

City Oklahoma (OK) Zipcode

MOBILE NUMBER

999-999-9999

EMAIL ADDRESS

you@example.com

SCHOOL 1

Bike Club Volunteer Application
bikeclubtulsa.com/volunteer

2

American Order Entry

www.04.8f7.com/4DACTION/W... can/9701

AmericanChecked inc.
Background Screening Solutions®

AmericanChecked Inc.
Client Services Department
Phone: 800 975-9876 or 918 742-6737
Fax: 918 742-7494

Humble Sons

Because of our desire to create a safe environment for both you and our clients, we are processing background screening reports on your behalf.

APPLICATION WORKS BEST USING

Please complete each field

First Name
Middle Name
Last Name
Suffix
Street Address
City
State
Zip Code
SSN
Birth Date (DOB)
Phone Number
Email Address

*Enter state abbreviation
*999999999 or 999-99-9999 format
*MMDDYYYY format or MM/DD/YYYY format

NEXT

NEW Members Only

Volunteer Background Check
bikeclubtulsa.com/backgroundcheck

Volunteer Background CHECK STEPS

NEW
Members
Only



AmericanChecked INC.
Background Screening Solutions®

**Bike Club Volunteer
Background Check Steps
2020**

[Download PDF](#)

1

AmericanChecked Inc.
Client Services Department
Phone: 800 975-9876 or 918 742-6737
Fax: 918 742-7494

Humble Sons
Because of our desire to create a safe environment for both you and our clients, we are processing background screening reports on your behalf.

APPLICATION WORKS BEST USING A LAPTOP OR DESKTOP COMPUTER

Please complete each of the fields below:

First Name: John
Middle Name: R
Last Name: Doe
Suffix:
Street Address: 500 N Main
City: Tulsa
State: OK
Zip Code: 74444
SSH: 555-55-5555
Birth Date (DOB): 01/01/1970
Phone Number: 555-555-5555
Email Address: johndoe@bike.com

Enter Full Street Address
Enter state abbreviation
Enter state abbreviation
***** format or 999-99-9999 format
***** format or MM/DD/YYYY format

NEXT

2

Applicant ID: 0000000000000000
Applying for the position of: Volunteer
SSN: 555555555 Birth Date: 01/01/1970 at 0000
Email Address: johndoe@bike.com Phone Number: 555-555-5555
AKA Names:
Update Above Data
Please review the data at the top of the screen and make sure that all information has been entered correctly. If you need to change any information, highlight it with your mouse and rekey it. Once you have relayed the data, click on Update Above Data.
Click on the links below to view and print your Summary of Rights.
Summary of Rights
Just a few steps below to complete the process:
1 Click on "SIGN Esign Authorization" below to complete the Disclosure and Authorization.
The Disclosure and Authorization MUST BE SIGNED prior to moving onto the next steps.
The background screening process is not complete until you select I Agree and Submit order below.

ESign Authorization
Upload Documents (.pdf, .jpg, .png, .tif, only)
ENTER ADDITIONAL DATA
CATEGORY: APPLICANT DATA REQUIRED DATA
SSN: 555555555 Complete
Court: County Criminal Tulsa OK Complete

ORDER CONFIRMATION
CATEGORY: SERVICES AMOUNT
Package: Volunteer Check Plus Doe, John R

3

Please sign: Esign Authorization

STATE LAW NOTICE AND DISCLOSURES - BACKGROUND INVESTIGATION

Pursuant to state law, the following disclosures are provided to state residents.

CALIFORNIA applicants or employees only: By signing below, you acknowledge receipt of the NOTICE - BACKGROUND INVESTIGATION PURSUANT TO CALIFORNIA LAW. Please check the box if you would like to receive a copy of the investigative consumer report or consumer credit report, free of charge, if one is obtained by the Company.
Check box to receive report ☐

NEW YORK applicants or employees only: By signing below, you acknowledge receipt of a copy of the NEW YORK NOTICE AND DISCLOSURES - BACKGROUND INVESTIGATION.
Check box to receive report ☐

WASHINGTON applicants or employees only: You have the right to inspect and receive a copy of any investigative consumer report requested by the Company by contacting AmericanChecked Inc., 4070 S. Lewis, Ste. 130, Tulsa, OK 74116, Phone: 1-800-975-9876.
Check box to receive report ☐

MASSACHUSETTS, MINNESOTA and OKLAHOMA applicants or employees only: Please check the box if you would like to receive a copy of your consumer report, free of charge, if one is obtained by the Company.
Check box to receive report ☐

Date: 9/23/2020
Print Name: John R Doe

4

By signing below, I hereby authorize the obtaining of consumer reports and/or investigation consumer reports by the Company at any time after receipt of this authorization and throughout the course of my employment, if applicable.

Signature: John R Doe Date: 9/23/2020
First Name: John Middle Name: R Last Name: Doe
Last Four Digits of SSN: 5555

Rev: 3/1/2019

5

Applicant ID: 0000000000000000
Applying for the position of: Volunteer
SSN: 555555555 Birth Date: 01/01/1970 at 0000
Email Address: johndoe@bike.com Phone Number: 555-555-5555
AKA Names:
Update Above Data
Please review the data at the top of the screen and make sure that all information has been entered correctly. If you need to change any information, highlight it with your mouse and rekey it. Once you have relayed the data, click on Update Above Data.
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ESign Authorization
Upload Documents (.pdf, .jpg, .png, .tif, only)
ENTER ADDITIONAL DATA
CATEGORY: APPLICANT DATA REQUIRED DATA
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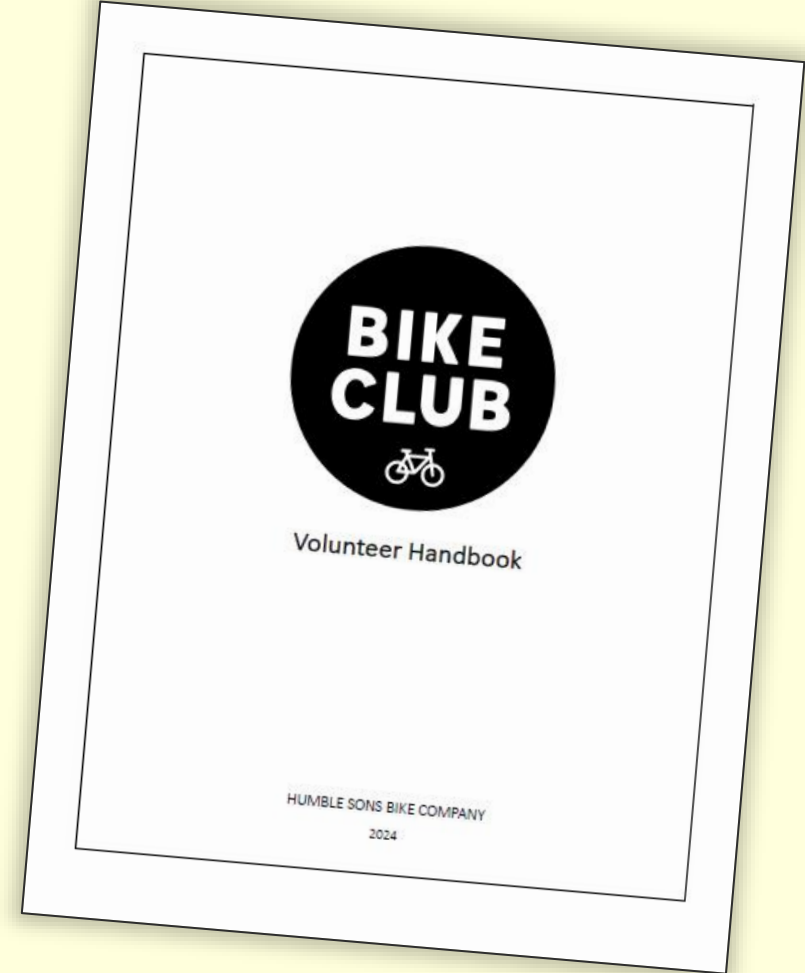
ORDER CONFIRMATION
CATEGORY: SERVICES AMOUNT
Package: Volunteer Check Plus Doe, John R

Select "I Agree" and then "Submit Order"

I agree
I do NOT agree
SUBMIT ORDER

Volunteer Handbook

- Outline of Bike Club Program
- Volunteer Commitment
- Policies
- Communication
- Additional Programming
- Humble Sons Bike Company Contacts
- Volunteer Applications



bikeclubtulsa.com/handbook

Where can I find these materials?

ALL form and links will be available on
our Volunteer Hub at

bikeclubtulsa.com/volunteer-hub

VOLUNTEER EXPECTATIONS



What to Expect as a Bike Club Volunteer

Being a Bike Club volunteer is easy, but showing up your first time may be intimidating without a plan.

Here is what to expect on your first day as a volunteer on a typical day.

[**PLAY VIDEO**](#)

Setting Expectations

We expect you to:

- Come prepared to ride
- Be prepared for that day's lesson
- Collaborate with the School Faculty Sponsor
- Communication
- *Have fun!!!*

We do not expect you to:

- Be perfect
- Be in charge of classroom management



Elementary Bike Club

Sample Schedule



2:25 - Check in at the front office where they will direct you to the Bike Club room.

2:30 - Start organizing bikes and supplies needed for the day's meeting.

2:45 - Greet students with a warm welcome, distribute snacks and take attendance.

2:50 - While the kids are eating their snack, discuss what you learned at the last meeting and what you'll be learning today. Show the Bike Club TV video that corresponds to the lesson.

2:55 - Everyone grabs their bikes, helmets, vests and bottles and suits up for the day's ride.

3:00 - Perform ABC Check and air tires/adjust bikes as needed, then head outside.

3:05 - Setup the day's lesson. Explain the drill. Demonstrate the lesson.

3:15 - Get kids on bikes! Let them practice the drill, providing feedback along the way.

3:45 - Let kids free ride or play an on-bike game.

4:00 - Return bikes and equipment to the Bike Club room, provide an optimistic closure and begin dismissing students.

Humble Sons Bike Company Staff



Jason Whorton
Executive Director



Mike Wozniak
Director of Development



Adam Vanderburg
Project Bike Tech Director



Lance Miller
Director of Operations



Jonah Panther
Director of Finance
& Supply Chain



Emily Adamic
Director of Programs

Need help?

PROGRAM MANAGER BY CLUB



Mike Wozniak

mike@humblesons.org
(918) 830-1150

1. Anderson
2. Celia Clinton
3. Emerson
4. John Hope Franklin
5. Sequoyah
6. Unity
7. Walt Whitman



Adam Vanderburg

adam@humblesons.org
(918) 810-5072

8. Disney
9. Henry Zarrow
10. Kerr
11. Lewis and Clark
12. Lindbergh
13. MacArthur
14. Skelly



Lance Miller

lance@humblesons.org
(918) 760-5930

15. Clinton West
16. Eugene Field
17. Hawthorne
18. Hoover
19. Key
20. Marshall
21. McClure
22. Springdale



Jonah Panther

jonah@humblesons.org
(918) 229-2130

23. Cooper
24. Council Oak
25. Hamilton
26. Kendall-Whittier
27. Patrick Henry
28. Robertson
29. Salk
30. Wayman Tisdale



Emily Adamic

emily@humblesons.org
(901) 246-8143

31. Carver MS
32. Edison MS
33. Hale MS
34. Monroe MS
35. Rogers MS
36. Webster MS

Ways to stay connected



Email Newsletters

bikeclubtulsa.com/newsletter



GroupMe

GroupMe.com



Facebook (Closed) Group

facebook.com/groups/bikeclubtulsa

Facebook Public Page

facebook.com/bikeclubtulsa



Volunteer Cookouts

Socializing



Instagram

instagram.com/bikeclubtulsa

RIDE CALENDAR



Ride Calendar (Tuesday Example)

FALL 2024

September

- 9/16 – Kick-Off Volunteer Cookout
- 9/23 – Lesson 1 (FIRST DAY)**

October

- 10/1 – Lesson 2
- 10/8 – Lesson 3
- 10/22 – Lesson 4
- 10/29 – Review/Assessment

November

- 11/12 – Lesson 5
- 11/19 – Lesson 6

December

- 12/3 – Lesson 7
- 12/10 – Lesson 8
- 12/17 – Review/Assessment

SPRING 2025

February

- 2/24 – Review/Assessment

March

- 3/4 – Field Trip Ride
- 3/10 – Field Trip Ride
- 3/24 – Field Trip Ride
- 3/31 – Field Trip Ride

April

- 4/1 – Field Trip Ride
- 4/8 – Field Trip Ride
- 4/15 – Field Trip Ride
- 4/22 – Field Trip Ride
- 4/29 – Field Trip Ride

May

- 5/7 – BIKE CLUB RALLY (WED)
- 5/14 – Bike Give-A-Way (LAST DAY)***
- 5/26 – Volunteer Cookout & Recognition



[View Full 2024-25
TPS School Calendar](#)

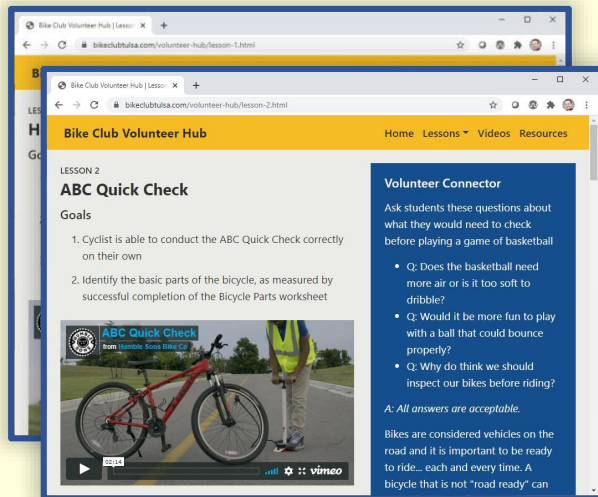
***Bike Give-a-way notice**

Supply issues on bicycles may impact the possibility of a earn-a-bike, please DO NOT promise a bicycle at this time.

Thank You

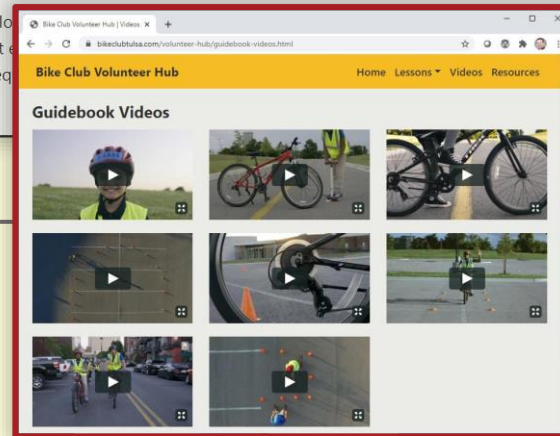
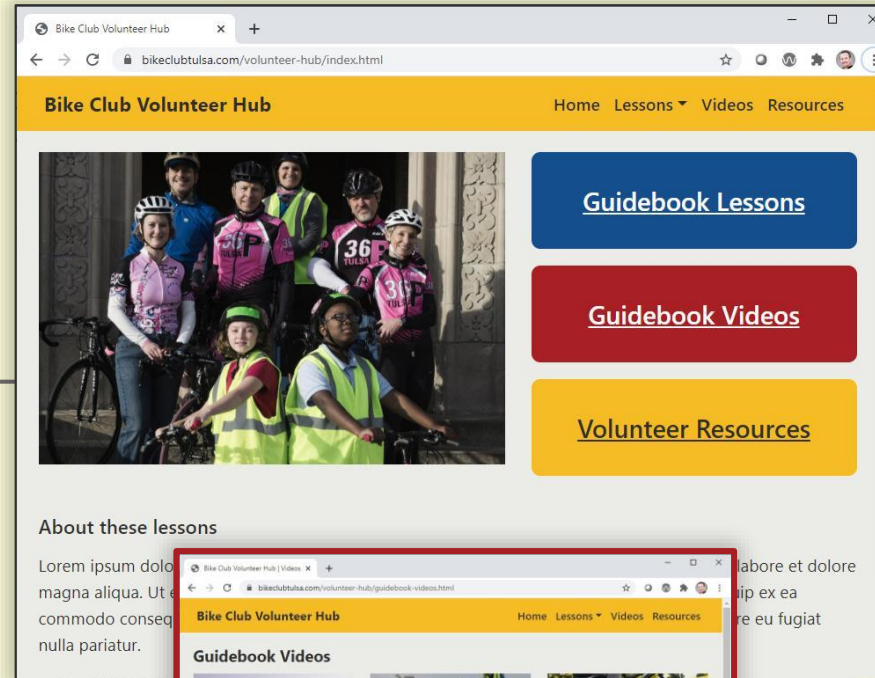
RESOURCES

VOLUNTEER HUB

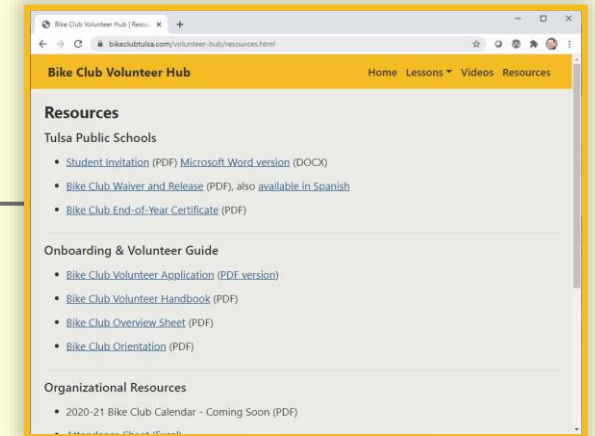


Guidebook Lessons (8)

- Virtual Scripts
- Activities



Guidebook Videos

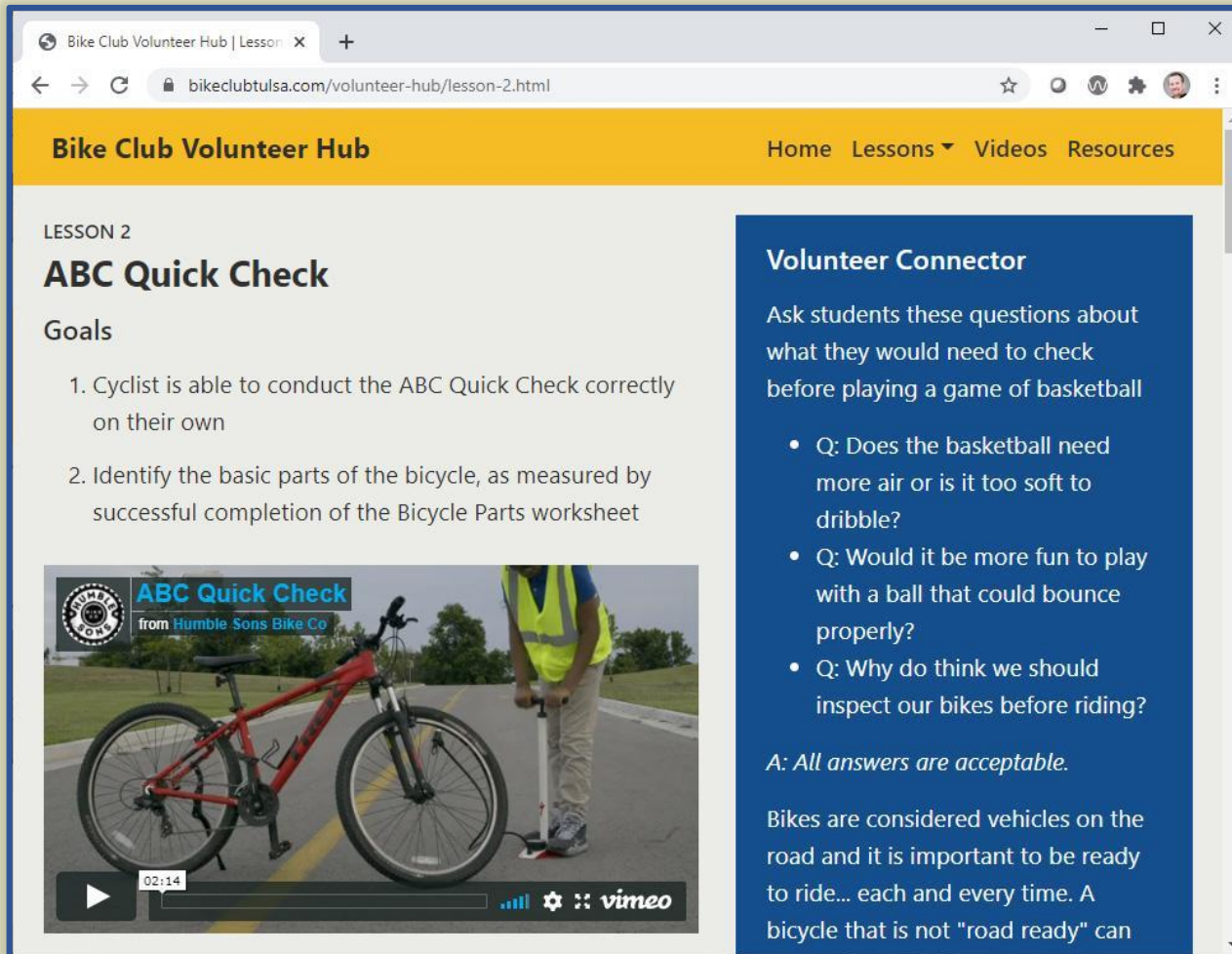


Volunteer Resources

- Forms & Waivers
- Volunteer Handbook
- Attendance Sheets

bikeclubtulsa.com/volunteer-hub

GUIDEBOOK LESSONS



The screenshot shows a web browser window with the address bar displaying "bikeclubtulsa.com/volunteer-hub/lesson-2.html". The website has a yellow header with the text "Bike Club Volunteer Hub" and navigation links for "Home", "Lessons", "Videos", and "Resources". The main content area is titled "LESSON 2" and "ABC Quick Check". Under "Goals", there are two numbered points: "1. Cyclist is able to conduct the ABC Quick Check correctly on their own" and "2. Identify the basic parts of the bicycle, as measured by successful completion of the Bicycle Parts worksheet". Below the goals is a video player showing a person in a yellow safety vest working on a red bicycle. The video has a play button and a progress bar. To the right of the video is a blue sidebar titled "Volunteer Connector" with a paragraph asking students questions about checking a basketball before playing. Below this are three bullet points with questions about a basketball, followed by a note that all answers are acceptable and a paragraph about the importance of road-ready bikes.

Bike Club Volunteer Hub Home Lessons Videos Resources

LESSON 2

ABC Quick Check

Goals

1. Cyclist is able to conduct the ABC Quick Check correctly on their own
2. Identify the basic parts of the bicycle, as measured by successful completion of the Bicycle Parts worksheet

Volunteer Connector

Ask students these questions about what they would need to check before playing a game of basketball

- Q: Does the basketball need more air or is it too soft to dribble?
- Q: Would it be more fun to play with a ball that could bounce properly?
- Q: Why do think we should inspect our bikes before riding?

A: All answers are acceptable.

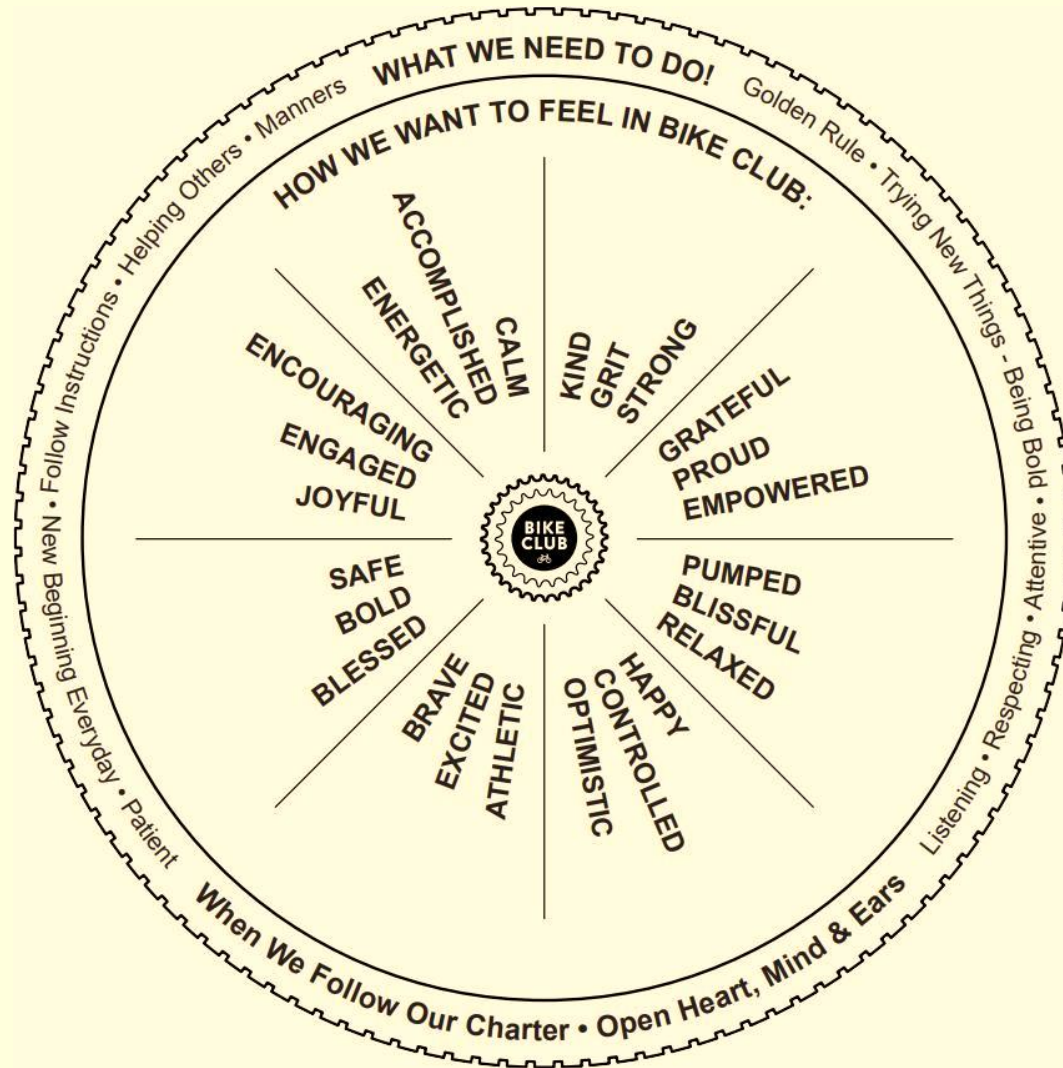
Bikes are considered vehicles on the road and it is important to be ready to ride... each and every time. A bicycle that is not "road ready" can

Each Guidebook Lesson Includes:

- Lesson Video
- Course Diagrams
- Volunteer Tips
- Step By Step Instructions
- Related Resources
- Mobile-Friendly

Great for sharing among volunteers before club ride days!

Related resources



See “Related Resources” section at the bottom of each Lesson page.

For example:

Establish a Club Charter

- What we need to do
- How we want to feel in Bike Club

[Download blank charter template](#)

BIKE CLUB TV



[Watch BCTV – Learn To Ride Episode](#)

Q & A

OPTIMISTIC CLOSURE

A group of mountain bikers are riding along a paved trail that winds through a lush, green forest. The lead rider is a man with long hair, wearing a blue t-shirt, grey shorts, a black helmet, and sunglasses. He is riding an orange mountain bike. Behind him, a line of other riders follows, including a child in a red shirt and another in a yellow shirt. The trail is bordered by tall grass on the left and dense trees on the right. Sunlight filters through the leaves, creating dappled light on the path. The text "HAPPY RIDING!" is superimposed in large, white, bold letters across the middle of the image.

HAPPY RIDING!