



# AFTER-SCHOOL IMPACT REPORT

SCHOOL YEAR 2024-25



# Pedaling Forward

Every week, we see how riding a bike can build confidence, friendship, and joy. This past year, over 680 kids and 220 mentors met in 37 schools to ride, learn, and grow. Together, we held 777 after-school sessions and spent more than 1,100 hours on bikes.

The impact went far beyond riding. Students said Bike Club made them feel calmer, happier, and more confident. For many, it was a stress reliever and a safe place to connect with friends and mentors. Adults felt the same; riding with kids lifted their spirits, cleared their minds, and brought joy after busy days.

The health benefits were big, too. Almost every student rode more outside of Bike Club, at home, in their neighborhoods, and with friends. On average, they added nearly three more days of activity each week, building stronger bodies, sharper focus, and better moods. Each mile outdoors also reinforced the calming power of nature, a connection we hope to deepen through our trail development projects.

Bike Club is more than bikes. It's about resiliency, healthy choices, and connection. Each ride helps kids push past fear, take on new challenges, and enjoy the freedom of the outdoors. And every mile adds confidence that carries into all areas of life.

Looking ahead, we're excited to keep growing. We want to go deeper with stronger mentor training, more ride destinations, and even better support for student wellbeing by adding more intentional mental health supports into our curriculum. And we want to go wider, reaching more schools, families, and neighborhoods across Tulsa.

Thank you for believing in this mission. With your support, we'll keep putting #KidsOnBikes and building a healthier, happier, and more connected Tulsa.

Happy Riding,

**Bike Club Team**



## Mission Statement

Creating confident cyclists & great Tulsans through community engagement.

# Bike Club 2024-25

## After-School Impact Report

### 1. Progress Letter

### 2. Our Working Model

### 3. After-School Reach

- Youth Served
- Bike Club Locations

### 4. Club Impacts on Members

- Student Experience
- Mentor Experience

### 5. Research Connectors

- Positive, Compensatory Experiences Against Childhood Trauma (PACEs)
- Program Engagement
- Resiliency & Mental Health
- Connection with Nature

### 6. Partners and Other Programs

### 7. Staff and Board

### 8. Bike Club Headquarters

### 9. Resources



# Our Working Model

Riding bikes is special. At its core, Bike Club uses the bike as a tool to promote positive youth development and build mental, physical, and social-emotional health.



# Youth Served through Bike Club

**684**

REGISTERED  
YOUTH  
PARTICIPANTS

**37**

ELEMENTARY &  
MIDDLE SCHOOL  
CLUBS

**220**

ADULTS  
MENTORED YOUTH  
WEEKLY

**20+**

SKILL-BUILDING  
LESSONS + FIELD  
TRIP RIDES



**777**

AFTER-SCHOOL  
MENTORSHIP  
MEETINGS

**1129**

MENTOR LED  
HOURS OF  
PROGRAMMING



# Bike Club Locations



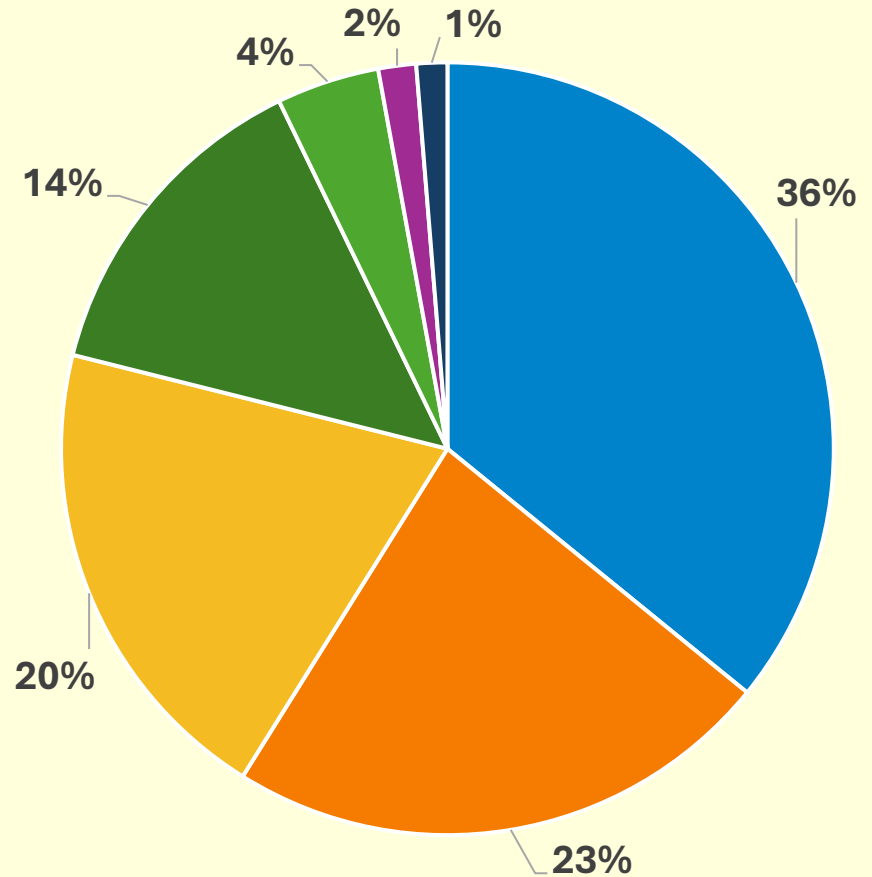
**621** ELEMENTARY SCHOOL STUDENTS

**63** MIDDLE SCHOOL STUDENTS

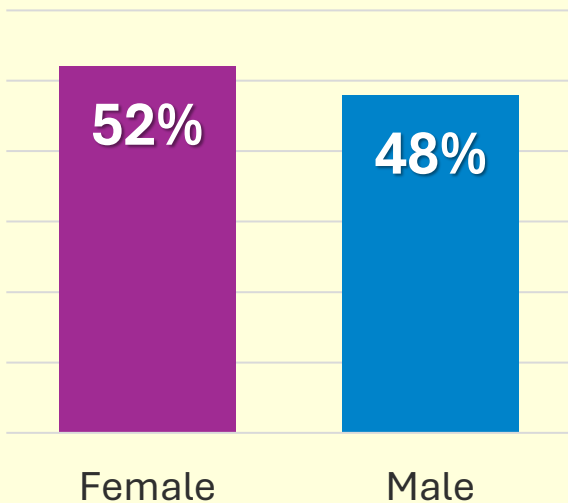
# Student Demographics

## RACE / ETHNICITY

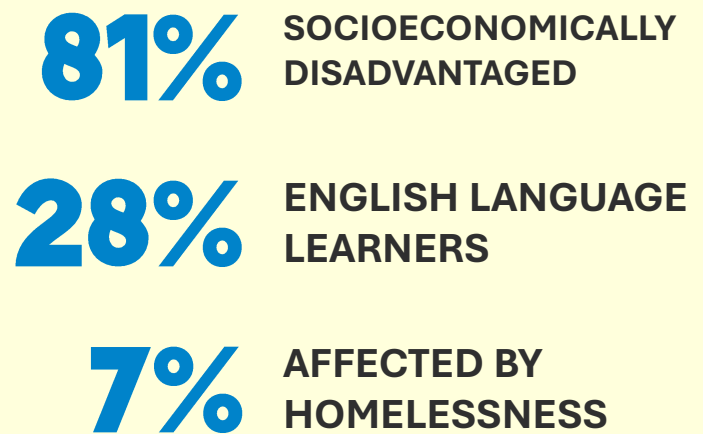
Hispanic	36%
Black	23%
White	20%
Multi	14%
American Indian	4%
Asian	2%
Pacific Islander	1%



## GENDER



## YOUTH IN NEED



# The Student Experience

With each outing, we feel the power of biking together. To better understand this impact, we surveyed all Bike Club participants about their experiences. Their responses revealed the following themes.

## When Asked

What did you ENJOY about Bike Club?

**RIDING BIKES**

**EXPLORING NEW PLACES**

**TIME WITH FRIENDS**

**EVERYTHING ABOUT IT**

**HAVING FUN**

**THE BIKE RALLY**

**EATING SNACKS**

**TIME WITH MENTORS**

## Other Themes Mentioned

Being active, teamwork, giveaway bikes, feeling safe, sense of mastery



# Experience Themes



## YOUTH VOICE

A word cloud for 'Youth Voice' featuring large, bold words in blue and purple. The most prominent words are 'FRIENDS', 'BIKE', 'EVERYTHING', 'RIDE', 'RALLY', 'SNACKS', 'ICE CREAM', 'GATHERING PLACE', and 'ENJOY'. Other smaller words include 'CLASSMATES', 'OPPORTUNITY', 'PASSION', 'TERRAIN', 'TRAILS', 'ADVENTURES', 'HANG', 'EVERYBODY', 'NATURE', 'FIRE STATION', 'GROUP', 'EXPLORING', 'TALK SPORTS', 'OTHERS', 'TEACH', 'ACTIVE', 'SAFETY', 'LOVE', 'FOOD', 'GAME', 'TOGETHER', 'TEAMWORK', 'ANYWHERE', 'PARTNERS', 'PARK', 'LEARN', 'NEIGHBORHOOD', 'MILES', 'EXPERIENCE', 'DOWNHILL', 'TEAMMATES', 'PLACES', 'NEW', 'EVENTS', 'TEACHERS', 'PLAYING', 'FIELD TRIP', 'GO', 'EAT', 'MEMBERS', 'FREE', 'FUN', 'ENJOYABLE', 'EXERCISE', 'COACHES', 'FUNNY', 'NICE'.

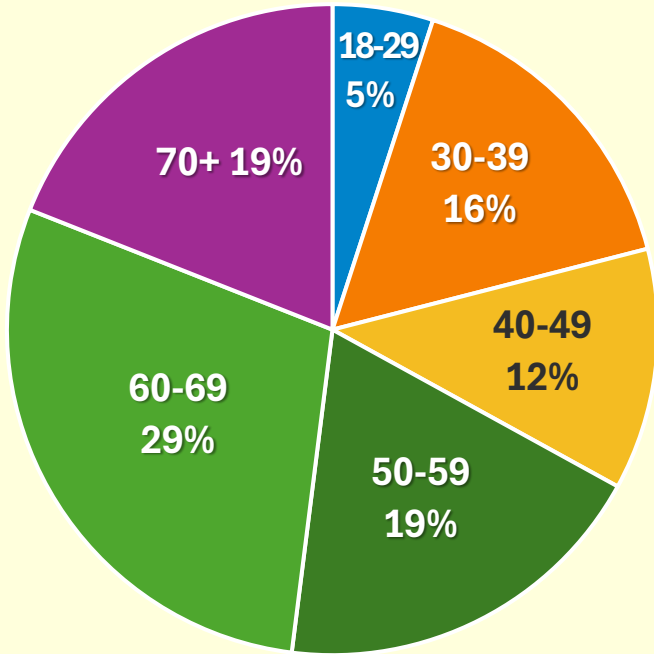
A word cloud for 'Mentor Voice' featuring large, bold words in orange and green. The most prominent words are 'RIDE', 'KIDS', 'BIKE', 'VOLUNTEERS', 'COMMUNITY', 'SEE', 'SKILL', 'MEETING', 'CONFIDENT', and 'TEACHING'. Other smaller words include 'ORGANIZED', 'TEACHER', 'FREEDOM', 'RELATIONSHIPS', 'POSITIVE', 'MEMBERS', 'AREAS', 'LEADERS', 'GREAT', 'SUCCEED', 'KIND', 'GROW', 'HOBBY', 'CYCLISTS', 'PLACES', 'EFFECT', 'NEW', 'ENERGY', 'JOY', 'GIVING', 'LOVE', 'SUPPORT', 'DEVELOP', 'INDEPENDENT', 'EMPATHETIC', 'CAMARADERIE', 'SUNSHINE', 'EXCITED', 'VISIT', 'INTERACTION', 'MENTOR', 'GAIN', 'FUN', 'BIKE CLUB', 'FEEL', 'EVERYTHING', 'EXPERIENCE', 'PROVIDING', 'LEARN', 'GATHERINGS', 'LIFE', 'SAFETY', 'ENVIRONMENT', 'SCHOOL', 'RIDERS', 'CYCLING', 'BIKE CLUB', 'EVERYTHING', 'OUTSIDE', 'FRIENDSHIPS', 'SHARING', 'PROGRESS', 'INSTRUCTION', 'ENCOURAGING', 'TEACHING', 'HOPE', 'SOCIETY', 'IMPROVE', 'ENJOY', 'STRUCTURE', 'EXPLORE', 'SKILL', 'ACTIVE', 'JOYFUL', 'GO', 'CREATE', 'NEIGHBORHOOD', 'ACCOMPLISH', 'MEETING', 'OUTDOORS', 'FANTASTIC', 'RALLY', 'HELP', 'SAFE', 'TOGETHER', 'EXERCISE', 'COACHES', 'ADVOCACY', 'GROWTH', 'CONFIDENT', 'TRANSPORT', 'COOKOUT', 'ENGAGEMENT', 'OPPORTUNITY'.



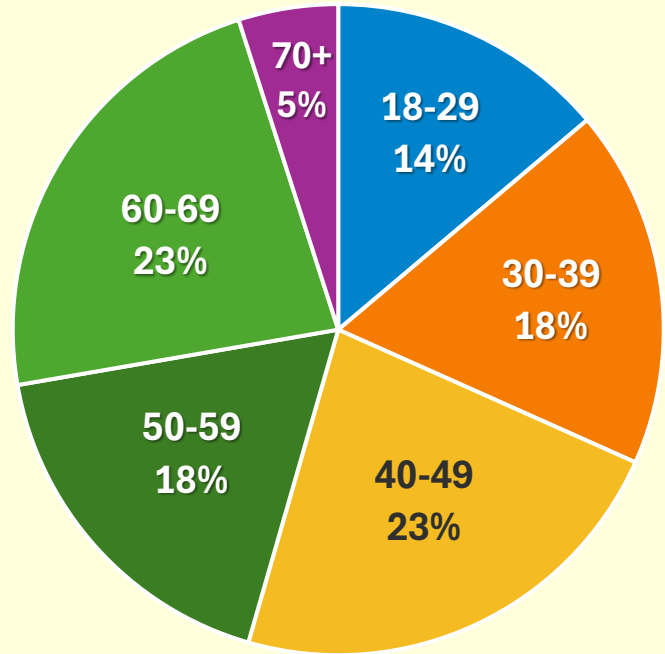
## MENTOR VOICE

## Mentor Demographics

### AGE

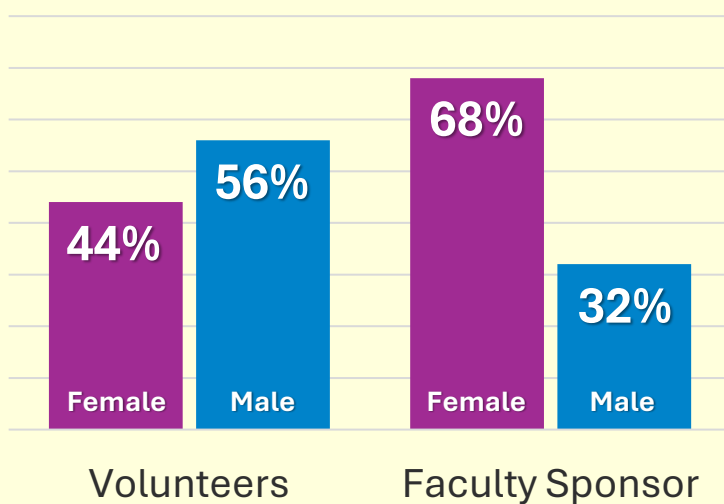


**VOLUNTEER**



**FACULTY SPONSOR**

### GENDER



### BIKE EXPERIENCE

Road Bike	68%
Mountain Bike	31%
Gravel Bike	26%
Commuting	19%
Bike Club Rides Only	11%
New to Biking	9%

# The Mentor Experience

Bike Club engages volunteers and faculty mentors, both new and experienced riders, to support Tulsa youth. To better understand their experiences, we surveyed mentors and identified the following themes.

## When Asked

What did you  
ENJOY about  
Bike Club?

**SPENDING TIME WITH THE KIDS,  
SEEING THEM BE JOYFUL**

**PERSONAL GROWTH AND  
DEVELOPING FRIENDSHIPS**

**SEEING YOUTH  
DEVELOP**

**ENGAGING WITH  
COMMUNITY**

**GENERAL EXCITEMENT FOR THE  
POSITIVE ENVIRONMENT**



# What Our Mentors Say

## MENTAL HEALTH BENEFITS EXTEND BEYOND THE STUDENTS

“It was a stress reliever after a hard day teaching.”

“It gives me an opportunity to make connections with students I might not otherwise be able to work with.”

“I have more confidence to go on rides with my grandchildren.”

“It gave me my weekly dose of joy/hope.”

“Providing instruction to help create more independent humans who are growing to be active members of society”

“Bike Club is an infusion of positivity into my life.”

“I always feel better after the Bike Club rides.”

## WILLINGNESS TO RECOMMEND

**9.6** OUT OF **10**



# PUTTING KIDS THROUGH THE PACES

## BIKE CLUB AS A PROTECTIVE & COMPENSATORY EXPERIENCE



Many Tulsa youth are faced with adverse childhood experiences (ACEs), which are known to have harmful effects on childhood development while also being associated with mental health challenges in adulthood<sup>1</sup>.

### A Path to Resilience

The negative effects of ACEs may be buffered by protective and compensatory experiences (PACES)<sup>2</sup>. PACEs in a child's life have a cumulative effect to reduce mental health symptoms and promote cognitive, social, and emotional development, ultimately promoting wellbeing into and throughout adulthood!<sup>2</sup>

## BIKE CLUB SPANS BOTH DOMAINS OF PACES<sup>3</sup>

### 1. Enriching Resources

- Being physically active
- Having a hobby
- Having opportunities to learn

### 2. Supportive Relationships

- Being active in a social group
- Spending time with a best friend
- Having a mentor outside of the family



# ATTEND AND ENGAGE

## THE IMPORTANCE OF ENGAGEMENT FOR POSITIVE OUTCOMES

“**Engagement**” is the strengths-based process by which participants develop positive behaviors and attitudes towards a program and its people<sup>4</sup>. This covers factors like enrollment, attendance, adherence, understanding of how the program is helping, willingness to actively participate, and enjoyment!

Attendance alone is not enough to drive impact; helping students engage more strongly with the program can lead to better outcomes, not just in enrollment and retention, but in enjoyment, motivation, and increased wellbeing.<sup>5,6</sup>



### CLUB ATTENDANCE

Daily tracking shows Bike Club attendance is higher than most after-school programs, reflecting kids’ enjoyment and commitment.

**86%** AVG ELEMENTARY ATTENDANCE

**68%** AVG MIDDLE SCHOOL ATTENDANCE

### ENGAGEMENT SCORE (78%)

**3.1** OUT OF **4**

“I really enjoy this club, and I want to come back”

“[I enjoyed] everything, it was something I would do again”

# EMPOWERED YOUTH & SAFER STREETS

## BIKE CLUB AS A TOOL FOR POSITIVE YOUTH DEVELOPMENT



### Promoting Youth Development

While riding a bike builds coordination and cognitive processing skills, riding in supportive groups fosters confidence, decision-making, risk awareness, and character. It also enhances physical fitness, including strength and cardiovascular endurance<sup>7,8</sup>.

### Safer Streets

Youth cycling programs teach both riding skills and road safety, helping reduce traffic risks while empowering young riders<sup>7</sup>.

### LEARNING TO RIDE SAFELY

Fear of falling was common; 1 in 5 students reported nervousness on the pre-survey. Yet our injury rate was just 0.003 per exposure, showing both strong skill growth and effective risk management.

**12%** OF STUDENTS TOOK THEIR FIRST BICYCLE RIDE IN BIKE CLUB

### IMPROVED SKILLS

#### Survey Responses

**Do you feel confident riding a bike?**

Pre Post

85% 93%

**Do you know the ABC check?**

38% 86%

**Do you know how to shift gears?**

36% 91%

**Do you wear a helmet?**

56% 80%

	Pre	Post
Do you feel confident riding a bike?	85%	93%
Do you know the ABC check?	38%	86%
Do you know how to shift gears?	36%	91%
Do you wear a helmet?	56%	80%

# EMPOWERED YOUTH & SAFER STREETS

## STUDENTS PERSPECTIVES ON ROAD SAFETY

### Why Safer Streets Matter to Kids

Bike Club begins with an 8-lesson safety and skills curriculum, leading to neighborhood rides that grow in distance and challenge. Along the way, students gain real-world road experience, and their voices reveal key themes: the need for safer streets, stronger neighborhoods, and bike-friendly infrastructure to support active transportation for future generations.



When Asked

What would make you FEEL SAFER riding on the road?

**SLOWER CARS;  
FEWER CARS**

**MORE ALERT  
DRIVERS**

**FEWER  
STRAY DOGS**

**BIKE LANES &  
CROSSWALKS**

**BETTER  
ROAD QUALITY**

**RIDING IN  
GROUPS**

**WORKING ON  
BIKE SKILLS**

**SAFETY  
EQUIPMENT**

# RIDING INTO RESILIENCE

## RIDING BIKES TOGETHER BOOSTS MENTAL HEALTH



### **The State of Youth Mental Health**

Up to 1/3 of students experience persistent mental health symptoms<sup>9</sup>, yet only 10% receive treatment, rates that are often higher for girls and racial minorities<sup>10</sup>. Contributing factors include adverse childhood experiences, stress, sleep, screen time, physical activity, and social connection<sup>11</sup>. This highlights the need for accessible, inclusive programs that build wellbeing, social skills, and resilience<sup>12</sup>.

### **BIKES HELP BODY, BRAIN, AND MIND**

Riding bikes supports both mental and physical health<sup>13</sup>, especially in outdoor, group-based settings<sup>14</sup> or when used as active transportation<sup>15</sup>. Bikes also foster social connection; positive relationships with peers and adults, strengthen community ties and improve mental wellbeing.

**Across all programs, Bike Club harnesses the power of biking as a lifelong, community-based tool for mental health.**

# RIDING INTO RESILIENCE

HELPING STUDENTS DE-STRESS, HAVE FUN, AND FEEL BETTER

Bike Club combines exercise, outdoor time, skill-building, and social connection in a fun, supportive environment. Students use the program to relax, build confidence, and enjoy themselves. Their voices captured below:

- “Riding bikes, it takes away all my stress”
- “It helped me get more confident at school”
- “[Being] more adventurous”
- “It helped me feel more alive and free”
- “It helped me stay focused and determined”



## BENEFITS

Students recognize that Bike Club supports their mental health, fitness, curiosity, academics, and social connections. Their reflections highlight the real difference the program makes:

- “It helped me get outside instead of sitting on my phone.”
- “It made me more awake at school.”
- “It helped me with my behavior.”
- “At first I didn't know how to ride but I got help from the volunteers”

**38%** SAID IT HELPED AT SCHOOL OR HOME

**49%** SAID IT IMPROVED RIDING SKILLS

**30%** SOUGHT ADULT HELP MORE OFTEN FOR EMOTIONS

# RIDING INTO RESILIENCE

## BUILDING FRIENDSHIPS AND SOCIAL CONNECTIONS



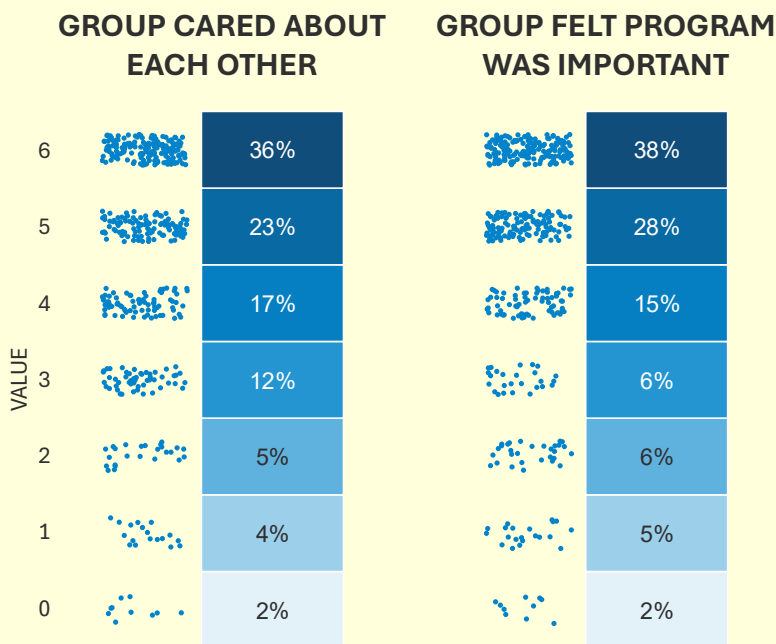
### How Bike Club Boosts Mental Health

Bike rides give students time with friends and opportunities to connect with teachers and mentors outside the classroom. This sense of belonging is key to mental wellbeing.

- “[I enjoyed] riding bikes with my friends.”
- “The teachers give us courage.”
- “It was a lot of fun... we did teamwork.”

### THE POWER OF AN HOUR

Even meeting once a week, students reported strong group cohesion in post-season surveys.



# RIDING INTO RESILIENCE

MORE RIDING AT HOME + MORE PHYSICAL ACTIVITY = MORE BENEFITS

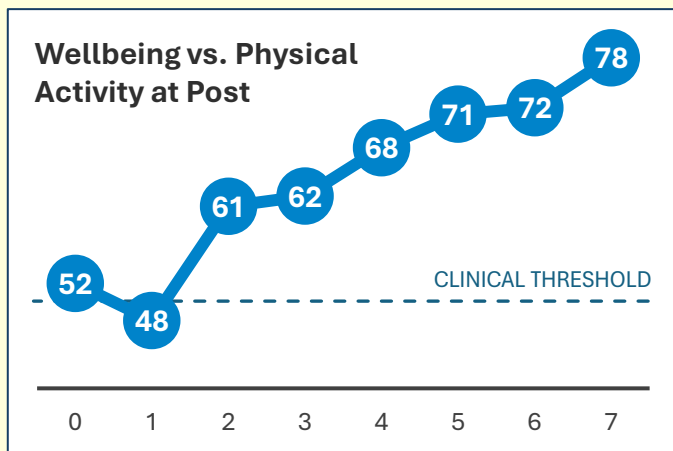
## Riding Beyond Bike Club

By the end of Bike Club, students gain confidence, ride more often at home, and develop a passion for biking. With more riding and active transportation come lasting benefits. From students:

- “Bike Club helped me learn how to ride a bike, so now I ride my bike a lot in my neighborhood.”
- “I was scared when I was on my bike at home, but [Bike Club] changed that”



## PHYSICAL ACTIVITY GAINS



Days > 60 minutes per week

**91%** PLAN TO CONTINUE RIDING AT HOME

**37%** INCREASED WEEKLY ACTIVITY BY 2.8 DAYS

Overall average increased from 4.7 to 5.04 physically active days per week!

# NATURE IS HEALING

GETTING KIDS OUTSIDE & CONNECTED WITH THE OUTDOORS



Spending time outdoors is one of the best ways to support health and wellbeing. Time in nature reduces mental health symptoms, strengthens resilience, and boosts overall happiness<sup>17-20</sup>. Yet today's kids spend more time indoors on screens<sup>21,22</sup>, a trend with especially harmful effects for youth from low-income backgrounds<sup>23</sup>.

## HOW BIKE CLUB HELPS

Nearly every session takes place outdoors, whether practicing safe riding, playing bike games, or heading out on adventure rides. We intentionally pause to appreciate fresh air and the power of being outside.

**82%** FEEL CALM AND HAPPY IN NATURE

**81%** ENJOY BEING OUTSIDE IN NATURE

35% increased their daily outdoor time by 1–2 hours, with another 41% maintaining their time outdoors.



# NATURE IS HEALING

LINKING HEALTH, COMMUNITY AND THE OUTDOORS



## TRAIL EXPERIENCES

Over three sessions, 40+ middle schoolers rode mountain bike trails, many for the first time. Students applied their skills while learning about comfort and stretch zones, risk management and overcoming fear.

- “[I enjoyed] the trails, [and] riding the bikes on rough terrain.”
- “[I enjoyed] being in nature with my friends”

## NEIGHBORHOOD EXPLORATION

Students also rode to local destinations like parks, a fire station, and the university campus, discovering bikeable places near home (even the ice cream shop!) and strengthening community connection.

- “[I enjoyed] going to the park.”
- “I enjoyed visiting places like the fire station.”
- “[I enjoyed] riding with my friends and smelling the air”



# Partners In Impact

## PROGRAM CHAMPIONS

Anne & Henry Zarrow Foundation  
Ascension St. John  
Bernie & Jane Wozniak  
Beth & David Harris  
Charles and Lynn Schusterman Family  
Philanthropies  
Ed Darby Foundation  
George Kaiser Family Foundation  
H.A. and Mary K. Chapman Foundation  
Hardesty Family Foundation  
J.E. & L.E. Mabee Foundation  
Jim & Nancy Gustine  
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Kalkman Family Charitable Trust  
Leshner Family Foundation  
Mike & Ashley Wozniak  
Morningcrest Healthcare Foundation  
QuikTrip Corporation  
Ralph and Frances McGill Foundation  
REI Corporation  
Sanford & Irene Burnstein Family Foundation  
The Helmerich Trust  
The Hille Family Foundation  
The Sharna and Irvin Frank Foundation  
Topeca Coffee  
William S. Smith Charitable Trust  
Williams Companies

## RESEARCH & OUTREACH

**Dr. Cian Brown, Assistant Professor of Educational Psychology and Professional Counseling, University of Oklahoma**

Collaborating on the design, analysis, and dissemination of survey-based research examining the impact of group-based outdoor cycling on the mental, physical, and social-emotional health of Tulsa youth.

**THD Stress and Mental Health Workgroup, *Member***

Part of the County Health Improvement Plan (CHIP), networking and collaborating with other healthcare and community groups across the county.

**Zarrow Mental Health Symposium, *Presenter***

PATHWAYS TO CHANGE: Empowering Communities, Clients & Clinicians will focus on how we can foster resilience, hope and transformation in these challenging times.

**2025 Outside Research Summit, *Presenter***

Hosted at Specialized Headquarters in Morgan Hill, CA, this summit brought together educators, researchers, nonprofits, and the public to explore the role of cycling in supporting social, emotional, and cognitive well-being.

**Safe Streets Incident Report Initiative**

In collaboration with the City of Tulsa and the Youth Advisory Council, this project aims to document and address safety concerns for cyclists and pedestrians.

**3,257**

Youth served through  
all programs during the  
2024-25 school year.

#### AFTER-SCHOOL

**Bike Club** is a weekly after-school program for elementary and middle school students (about 20 per site). Volunteers teach bike safety, lead group rides to local destinations, and mentor students. The program builds confidence, teamwork, and healthy habits - while students earn a free bike and helmet at year's end. **684** - Elementary and middle school students.

**Bike Club Race Team** brings current and former Bike Club students together to train and compete in the Arkansas NICA League, where all riders participate regardless of competition level. **40** - 6<sup>th</sup> through 12<sup>th</sup> grade students.

#### IN-SCHOOL

**Bike Phys Ed** introduces 3rd graders to riding through school-based PE classes, aligned with national physical education standards. Lessons teach core bike skills, confidence, and safe riding. **1,892** - 3<sup>rd</sup> grade students.

**Project Bike Tech** (at Tulsa MET) teaches high school students bicycle mechanics as part of Career Technical Education, culminating in an industry-recognized certification. **12** - High school students.

#### OUT-OF-SCHOOL TIME

**Bike Club Skills Camp** for ages 9–14, combining skill-building, safety drills, and fun trail riding. Riders are provided bikes, helmets, and water bottles. **238** - Elementary school age campers.

#### COMMUNITY OUTREACH

**Holiday Bicycle Give-A-Way** has provided over 18,000 bicycles to Tulsa families since 2008. **250** - Families.

**Community Pop-Ups** offer free bike maintenance and safety checks in partnership with schools, parks, and housing organizations. **121** - Families.

**Adaptive Mountain Biking Rides** provide specialized equipment and guided weekly rides for individuals with physical challenges. **20** - Riders with disabilities.

# Board of Directors and Staff

## BOARD OF DIRECTORS



**Susan McCalman**  
*President*  
Retired F&CS Development  
Director



**Lucy Dolman**  
*Vice-President*  
Retired Tulsa Parks Director



**Gabrielle Platt**  
*Secretary*  
CAF National  
Handcycling Team



**Justin Langston**  
*Treasurer*  
Two Men and a Truck  
Multi-Unit Franchisee



**Lucky Lamons**  
*Member*  
Chief Advocacy Officer  
Ascension St. John



**Jono Helmerich**  
*Member*  
Banking & Real Estate Exec,  
Helmerich Trust Chairman



**Erik Chillingworth**  
*Member*  
Co-Trustee, William S. Smith  
Charitable Trust

## STAFF / CERTIFIED COACHES



**Jason Whorton**  
Executive Director



**Mike Wozniak**  
Director of Development



**Adam Vanderburg**  
Project Bike Tech  
Director



**Lance Miller**  
Director of Operations



**Jonah Panther**  
Finance and Supply  
Chain Director



**Emily Adamic**  
Director of Programs  
& Research



**Cassie Dickerson**  
Early Childhood  
Programs Director

# Coming Soon

## Bike Club Headquarters



### CONSTRUCTION UPDATE

Construction of the new Bike Club Tulsa Headquarters at Bales Park in west Tulsa is progressing both inside and out. Work began in late 2024 and continues to move forward toward an anticipated completion by the end of this year. Once finished, the nearly 15,000 sq. ft. purpose-built facility will provide a home base for Bike Club Tulsa’s expanding programs while serving as a community hub connected to the 10-mile Mooser Creek Greenway trail system. This space will not only support after-school clubs, Bike Phys Ed, and youth camps but also create new opportunities for gatherings, events, and volunteer engagement, advancing our mission to inspire healthier, more connected communities.

### PROJECT DONORS

William S. Smith Charitable Trust

Sanford & Irene Burnstein Family Foundation

The Helmerich Trust

George Kaiser Family Foundation

J.E. & L.E. Mabee Foundation

Anne & Henry Zarrow Foundation

H.A. and Mary K. Chapman Foundation

Ascension St. John

Morningcrest Healthcare Foundation

Charles and Lynn Schusterman Family Philanthropies

Kalkman Family Charitable Trust

M&M Lumber Company

Miller-Tippens Construction

Wozniak, Gustine and Harris Families

# References & Resources

## Childhood Adversity and Protective & Compensatory Experiences

1. Boullier, M., & Blair, M. (2018). Adverse childhood experiences. *Pediatrics and Child Health*, 28(3), 132–137. <https://doi.org/10.1016/j.paed.2017.12.008>

*This review article gives a general overview of adverse childhood experiences (ACEs) and their impact on mental and physical health both in childhood and into adult life.*

2. Hays-Grudo, J., Morris, A. S., Beasley, L., Ciciolla, L., Shreffler, K., & Croff, J. (2021). Integrating and synthesizing adversity and resilience knowledge and action: The ICARE model. *American Psychologist*, 76(2), 203-215. <https://doi.org/10.1037/amp0000766>

*This article describes a theoretical framework for how childhood adversity may result in maladaptive neurobiological and behavioral changes, and how protective and compensatory experiences may mitigate these negative outcomes and interrupt their intergenerational transmission by reducing stress, promoting self-regulation, and building resilience.*

3. Morris A.S., Hays-Grudo J. (2023). Protective and compensatory childhood experiences and their impact on adult mental health. *World Psychiatry*, 22(1), 150-151. <https://doi.org/10.1002/wps.21042>

*This article describes ten specific protective & compensatory experiences (PACEs) that promote positive mental health outcomes in the face of childhood adversity.*

## Program Engagement

4. National Alliance on Mental Illness (2016). Engagement: A New Standard for Mental Health Care. *National Alliance on Mental Illness (NAMI)*. <https://www.nami.org/support-education/publications-reports/public-policy-reports/engagement-a-new-standard-for-mental-health-care/>

*This report summarizes the process of engagement and how it affects patient outcomes in mental health care, and outlines 12 principles to advance a culture of engagement.*

5. Greene, K.M., Lee, B., Constance, N. et al. (2013). Examining Youth and Program Predictors of Engagement in Out-of-School Time Programs. *Journal of Youth Adolescence*, 42, 1557–1572. <https://doi.org/10.1007/s10964-012-9814-3>

*This study examines how different program factors relate to engagement across 30 different after-school programs in a sample of low-income middle and high school youth.*

6. Dawes NP, Larson R. (2011) How youth get engaged: grounded-theory research on motivational development in organized youth programs. *Developmental Psychology*, 47(1), 259-69. <https://doi.org/10.1037/a0020729>

*This study examined the process by which youth become psychologically engaged in a program. By conducting longitudinal interviews in a sample of over 100 youth, authors concluded that motivation and engagement was fostered by forming a personal connection between individual goals and program activities.*

# References & Resources *continued*

## Riding Bikes to Improve Road Safety and Promote Physical, Cognitive, and Social-Emotional Development

7. Ellis, J. (2014). Bicycle safety education for children from a developmental and learning perspective (Report No. DOT HS 811 880). Washington, DC: National Highway Traffic Safety Administration. <https://rosap.nhtl.bts.gov/view/dot/2008>  
*This report outlines factors associated with cyclist traffic incidents, and how age-appropriate and developmentally-aware youth cycling education programs can improve bike skills and traffic knowledge to reduce risk of accidents.*
8. Clanton, Thomas & Chancellor, H. & IV, Harrison & Balidemaj, Venera & Hadiandehkordi, Parisa. (2021). Bicycling as a Positive Youth Development Mechanism. *Journal of Park and Recreation Administration*, 40, <https://doi.org/10.18666/JPRA-2021-10589>  
*This article examines how a non-competitive, recreational youth cycling program was used as a tool for positive youth development. Positive outcomes included increases in personal responsibility, confidence, and health; challenges included management, funding, and mentor training.*

## Riding Into Resilience

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# 2025-26 Bike Club Sites (38 Locations)

## TPS ELEMENTARY SCHOOLS

Anderson	McKinley
Celia Clinton	Patrick Henry
Clinton West	Robertson
Cooper	Salk
Council Oak	Sequoyah
Disney	Skelly
Eliot	Springdale
Emerson	Unity
Eugene Field	Walt Whitman
Hamilton	Wayman Tisdale
Hawthorne	
Henry Zarrow	
Hoover	
John Hope Franklin	
Kendall-Whittier	
Kerr	
Lewis and Clark	
Lindbergh	
MacArthur	
Marshall	
McClure	

## TPS MIDDLE SCHOOLS

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

## TPS MECHANICS

Tulsa MET HS

