



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



**Building confident cyclists
and great Tulsans
through community engagement**



TODAY'S AGENDA

1. Bike Club's in 2023-24
2. Getting Started
3. Ride Calendar
4. Resources



PROGRAMMING NOW OFFERED IN 34 TPS 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
Lewis and Clark
Lindbergh
MacArthur
Marshall
McClure

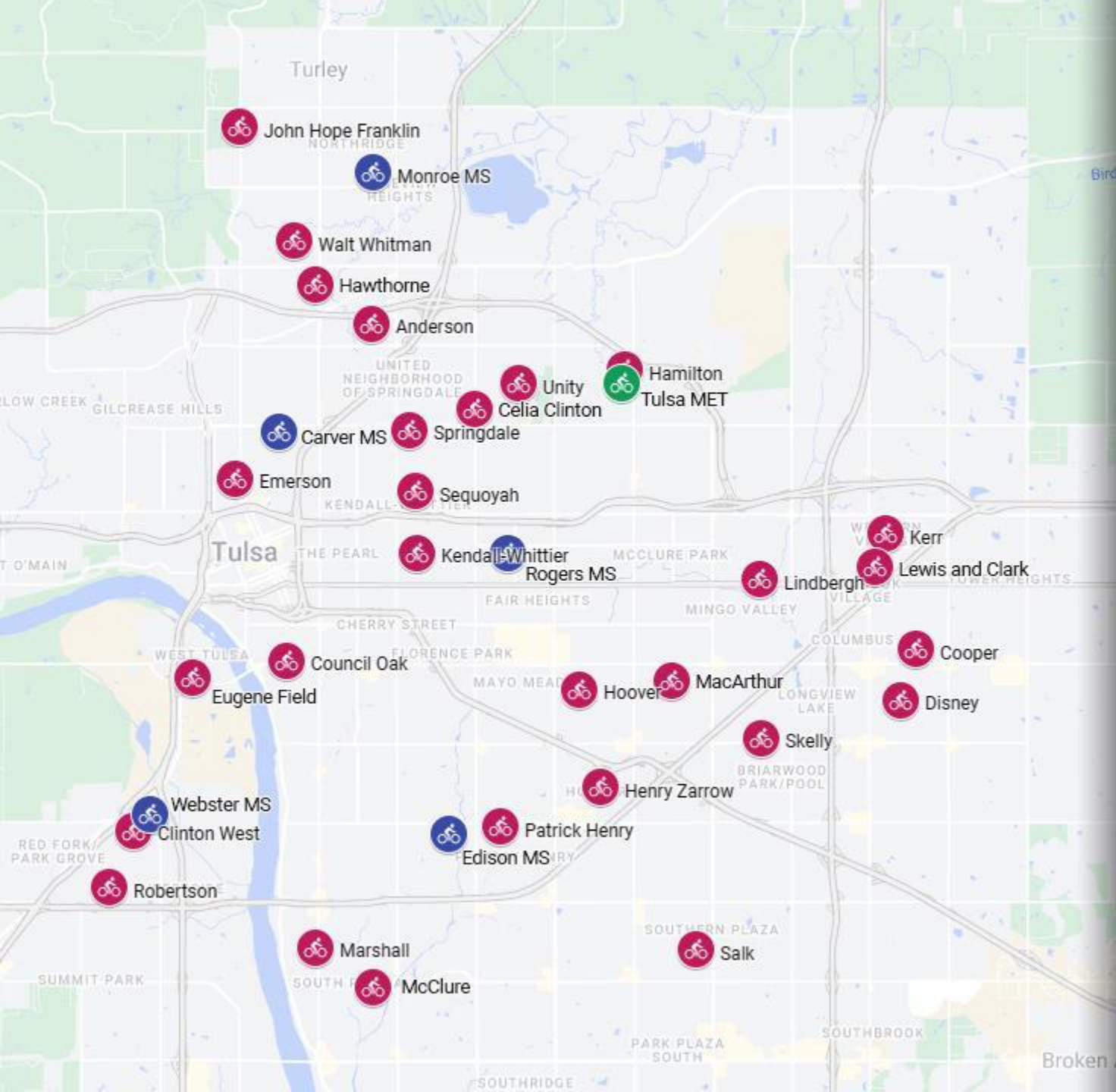
McClure
Patrick Henry
Robertson
Salk
Sequoyah
Skelly
Springdale
Unity
Walt Whitman

Middle school

Carver MS
Edison MS
Monroe MS
Rogers MS
Webster MS

Mechanics

Tulsa MET



2023-24

OUR TENTH YEAR!

Over 2,410 youth impacted



Thank You!



BIKE CLUB IMPACTS TO DATE

9

YEARS OF BIKE CLUB
ACTIVITIES

2,410

STUDENTS HAVE
PARTICIPATED

23K

HOURS OF ADULTS
WORKING WITH YOUTH

132K

MILES TRAVELED
BY BIKE

14M

CALORIES
BURNED

5.5

DAYS IMPROVED
ATTENDANCE ON AVG

BIKE CLUB

2022-23 DEMOGRAPHICS

475

TPS
STUDENTS

54%

BOYS

46%

GIRLS

GENDER

31%

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 provides an opportunity to help young people attain developmental assets needed to better deal with life's challenges.

- **Active learning** – Young people need opportunities outside of school to learn and develop new skills and interests.
- **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.
- **Encouragement** – Young people need the positive influence of peers and adults who encourage them to be and do their best.
- **Support** – Young people need to be surrounded by individuals who love, care for, appreciate and accept them.
- **Social** – Young people need to develop the skills to interact effectively with others, to make difficult decisions and choices, and to cope with new situations.

Change your life...

- **Gain confidence** – Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference** – Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people** – Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community** – Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills** – Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge** – Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.



GETTING STARTED

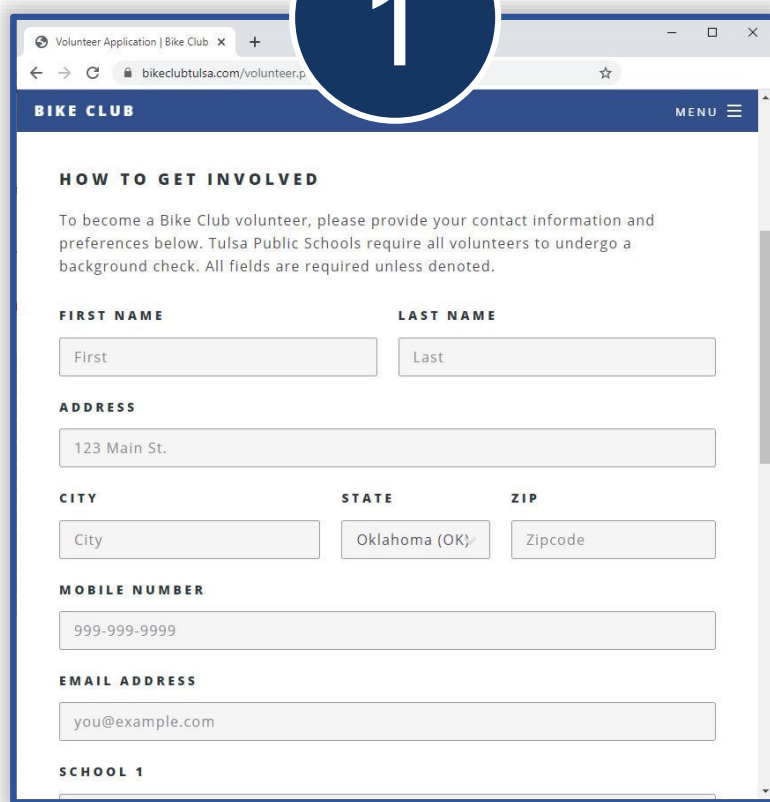


Volunteer Checklist

- ☐ 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 - **September 11th, American Soleria, 1702 E 6th St, Tulsa, OK 74104**
- ☐ Contact Program Managers with Questions

How Volunteer's Sign-up to Participate

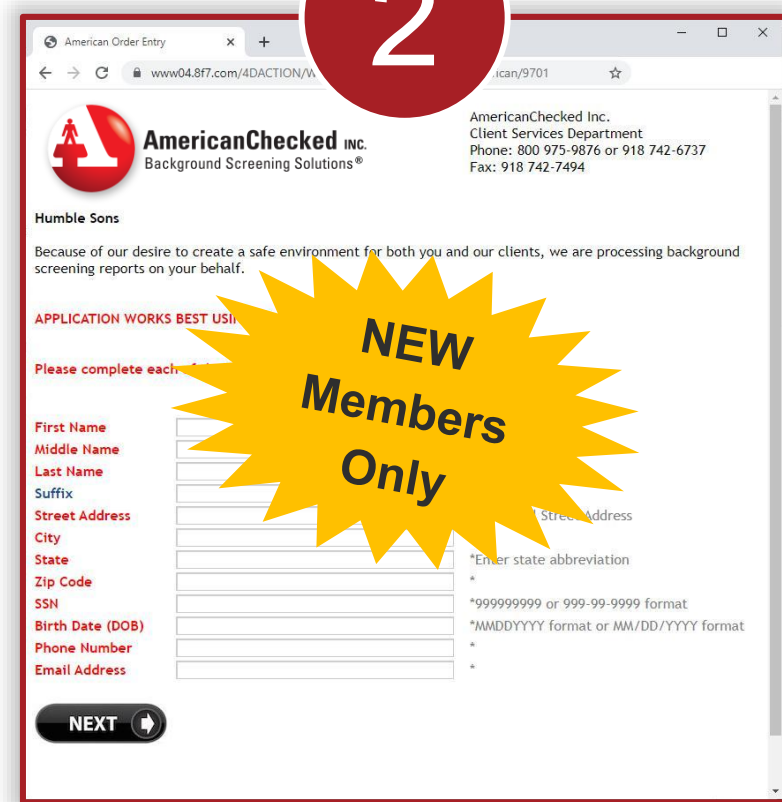
1



The screenshot shows a web browser window with the URL bikeclubtulsa.com/volunteer. The page has a blue header with "BIKE CLUB" and a "MENU" button. The main content area is titled "HOW TO GET INVOLVED" and contains a paragraph explaining the volunteer process. Below the text is a form with several fields: "FIRST NAME" (with a placeholder "First"), "LAST NAME" (with a placeholder "Last"), "ADDRESS" (with a placeholder "123 Main St."), "CITY" (with a placeholder "City"), "STATE" (with a dropdown menu showing "Oklahoma (OK)" and a "Zipcode" field), "MOBILE NUMBER" (with a placeholder "999-999-9999"), "EMAIL ADDRESS" (with a placeholder "you@example.com"), and "SCHOOL 1" (with a dropdown menu).

Bike Club Volunteer Application
bikeclubtulsa.com/volunteer

2



The screenshot shows a web browser window with the URL www.04.8f7.com/4DACTION/V. The page has a red header with the "AmericanChecked INC." logo and contact information. The main content area is titled "Humble Sons" and contains a paragraph explaining the background check process. Below the text is a form with several fields: "First Name", "Middle Name", "Last Name", "Suffix", "Street Address", "City", "State" (with a dropdown menu and a note "*Enter state abbreviation"), "Zip Code", "SSN", "Birth Date (DOB)" (with a note "*MMDDYYYY format or MM/DD/YYYY format"), "Phone Number", and "Email Address". A large yellow starburst graphic with the text "NEW Members Only" is overlaid on the form. A "NEXT" button with a right arrow is at the bottom.

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

Order Entry

AmericanChecked Inc.
Client Services Department
Phone: 800 975 9676 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@hubs.com

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

NEXT

2

ApplicantID: 0000000000000000
Applying for the position of: Volunteer
SSN: 555555555 BirthDate: 01/01/1970 at 0000
Email Address: johndoe@hubs.com Phone Number: 555-555-5555
AKANames:
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 SIGN Esign Authorization (Click only once - this may take a few seconds.)
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

Adobe Sign

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: 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 74106, Phone: 1-800-975-9676.
Check box to receive report ☐

WASHINGTON applicants or employees only: By signing below, you acknowledge receipt of a copy of RCW 9A.02.010 of the Washington Fair Credit Reporting Act.
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

Adobe Sign

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

Signature: Click here to sign Date: 9/23/2020
First Name: John Middle Name: R Last Name: Doe
Last Four Digits of SSN: 5555
Rev: 3/1/2019

5

Adobe Sign

ApplicantID: 0000000000000000
Applying for the position of: Volunteer
SSN: 555555555 BirthDate: 01/01/1970 at 0000
Email Address: johndoe@hubs.com Phone Number: 555-555-5555
AKANames:
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 SIGN Esign Authorization (Click only once - this may take a few seconds.)
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

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

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
Program Manager



Adam Vanderburg
Program Manager



Lance Miller
Program Manager



Jonah Panther
Program Manager



Kara Hader
Volunteer Coordinator

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. Monroe MS
6. Rogers MS
7. Sequoyah
8. Unity
9. Walt Whitman

Adam Vanderburg

adam@humblesons.org
(918) 810-5072

10. Disney
11. Henry Zarrow
12. Kerr
13. Lewis & Clark
14. Lindbergh
15. MacArthur
16. Skelly

Lance Miller

lance@humblesons.org
(918) 760-5930

17. Clinton West
18. Edison MS
19. Eugene Field
20. Hawthorne
21. Hoover
22. Marshall
23. McClure
24. Springdale
25. Webster MS

Jonah Panther

jonah@humblesons.org
(918) 229-2130

26. Carver MS
27. Cooper
28. Council Oak
29. Hamilton
30. Kendall-Whittier
31. Patrick Henry
32. Robertson
33. Salk

Ways to stay connected



Email Newsletters

bikeclubtulsa.com/newsletter



GroupMe

GroupMe.com



Facebook (Closed) Group

facebook.com/groups/bikeclubtulsa

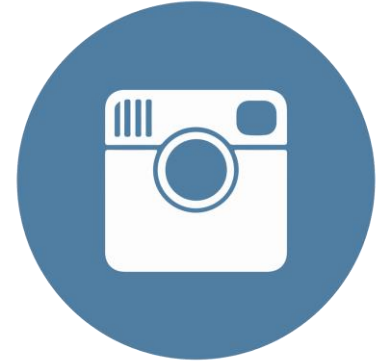
Facebook Public Page

facebook.com/bikeclubtulsa



Volunteer Cookouts

Socializing



Instagram

instagram.com/bikeclubtulsa

RIDE CALENDAR



Ride Calendar (Tuesday Example)

FALL 2023

September

- 9/11 – Kick-Off Volunteer Cookout
- 9/26 – Lesson 1 (FIRST DAY)

October

- 10/3 – Lesson 2
- 10/10 – Lesson 3
- 10/24 – Lesson 4
- 10/31 – Review/Assessment

November

- 11/7 – Lesson 5
- 11/14 – Lesson 6
- 11/28 – Lesson 7

December

- 12/5 – Lesson 8
- 12/12 – Review/Assessment

SPRING 2024

February

- 2/27 – Review/Assessment

March

- 3/5 – Field Trip Ride
- 3/12 – Field Trip Ride
- 3/26 – Field Trip Ride

April

- 4/2 – Field Trip Ride
- 4/9 – Field Trip Ride
- 4/16 – Field Trip Ride
- 4/23 – Field Trip Ride
- 4/30 – Field Trip Ride

May

- 5/1 – BIKE CLUB RALLY (WED)
- 5/8 – Bike Give-A-Way (LAST DAY)*
- 5/27 – Volunteer Cookout & Recognition



[View Full 2023-24
TPS School Calendar](#)

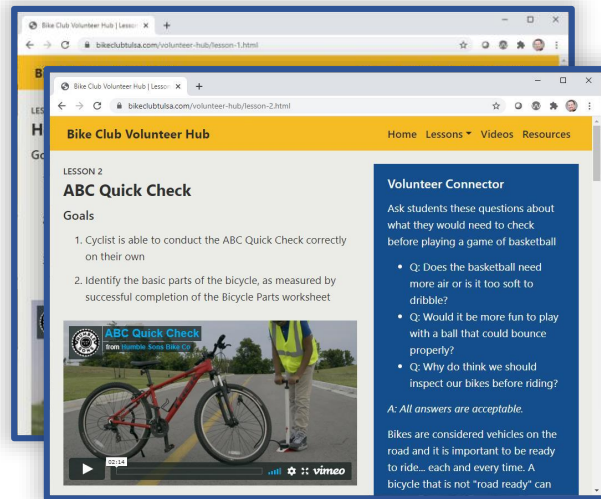
***Bike Give-a-way notice**

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

Thank You

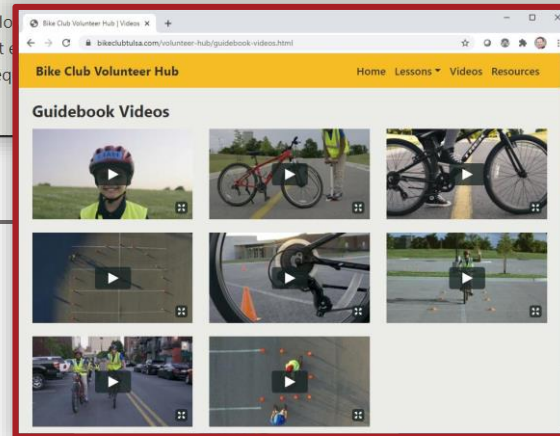
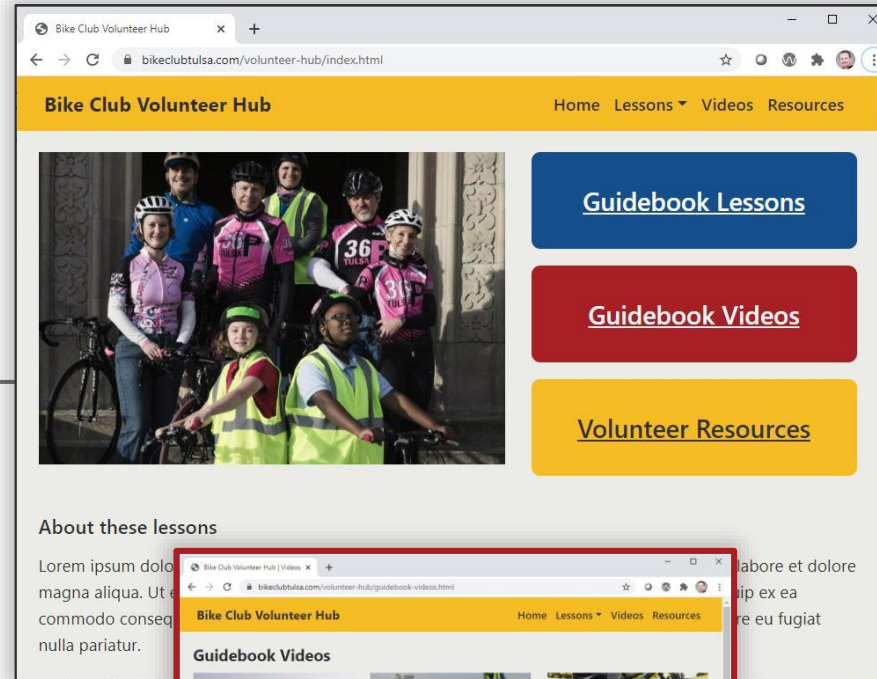
RESOURCES

VOLUNTEER HUB

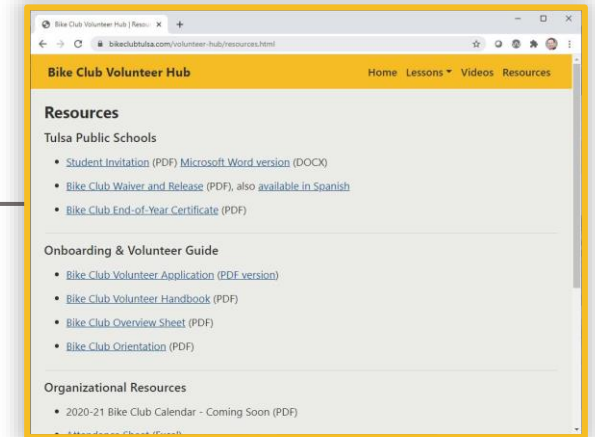


Guidebook Lessons (8)

- Virtual Scripts
- Activities



Guidebook Videos

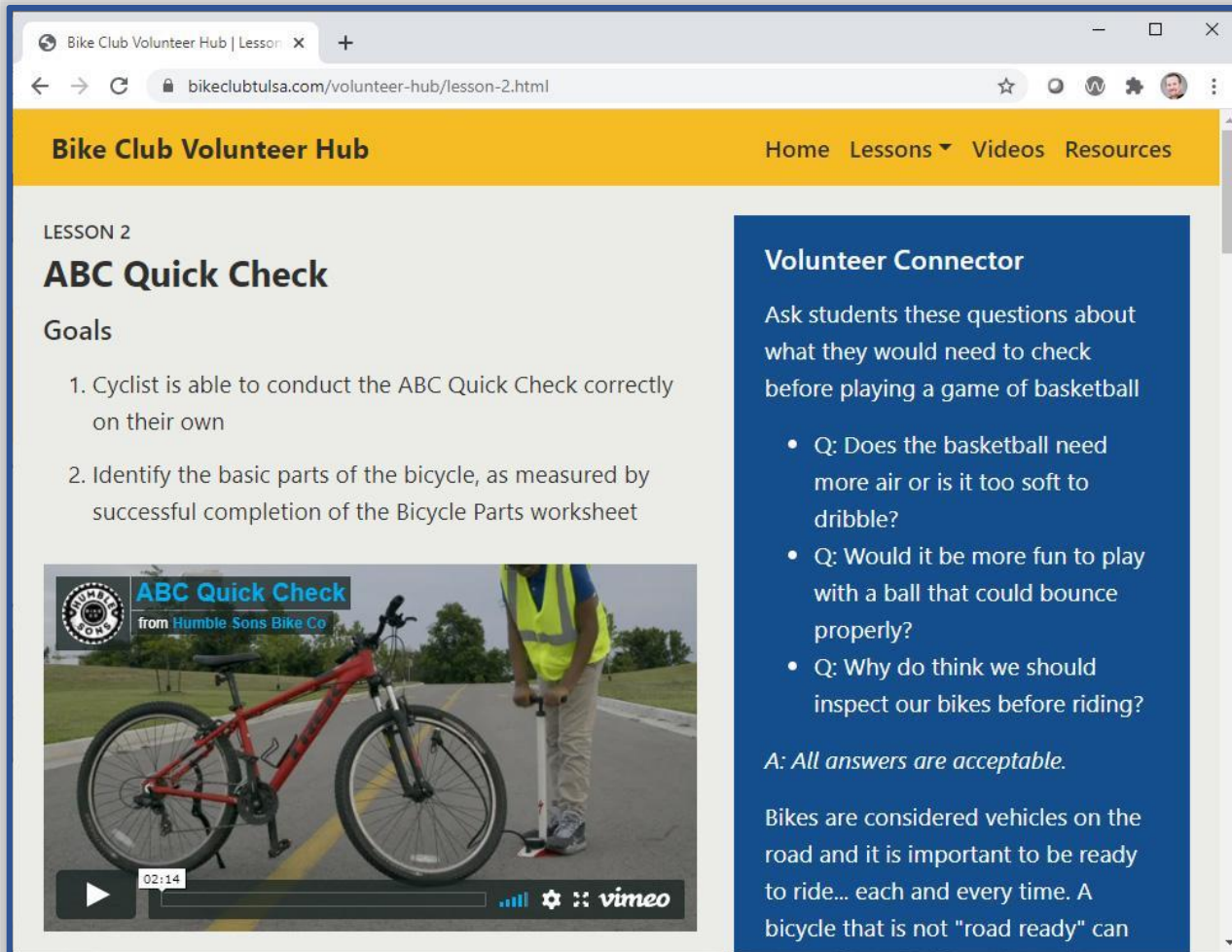


Volunteer Resources

- Forms & Waivers
- Volunteer Handbook
- Attendance Sheets

bikeclubtulsa.com/volunteer-hub

GUIDEBOOK LESSONS



The screenshot shows a web browser window with the URL bikeclubtulsa.com/volunteer-hub/lesson-2.html. The page has a yellow header with the text "Bike Club Volunteer Hub" and navigation links: "Home", "Lessons", "Videos", and "Resources". The main content area is titled "LESSON 2" and "ABC Quick Check". Below this, under the heading "Goals", are two numbered items: "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". A video player is embedded, showing a person in a yellow safety vest working on a red bicycle. The video title is "ABC Quick Check from Humble Sons Bike Co". To the right of the video player is a blue sidebar titled "Volunteer Connector". It contains a paragraph: "Ask students these questions about what they would need to check before playing a game of basketball". Below this are three bullet points: "• 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?", and "• Q: Why do think we should inspect our bikes before riding?". At the bottom of the sidebar, it says "A: All answers are acceptable." and "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".

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.

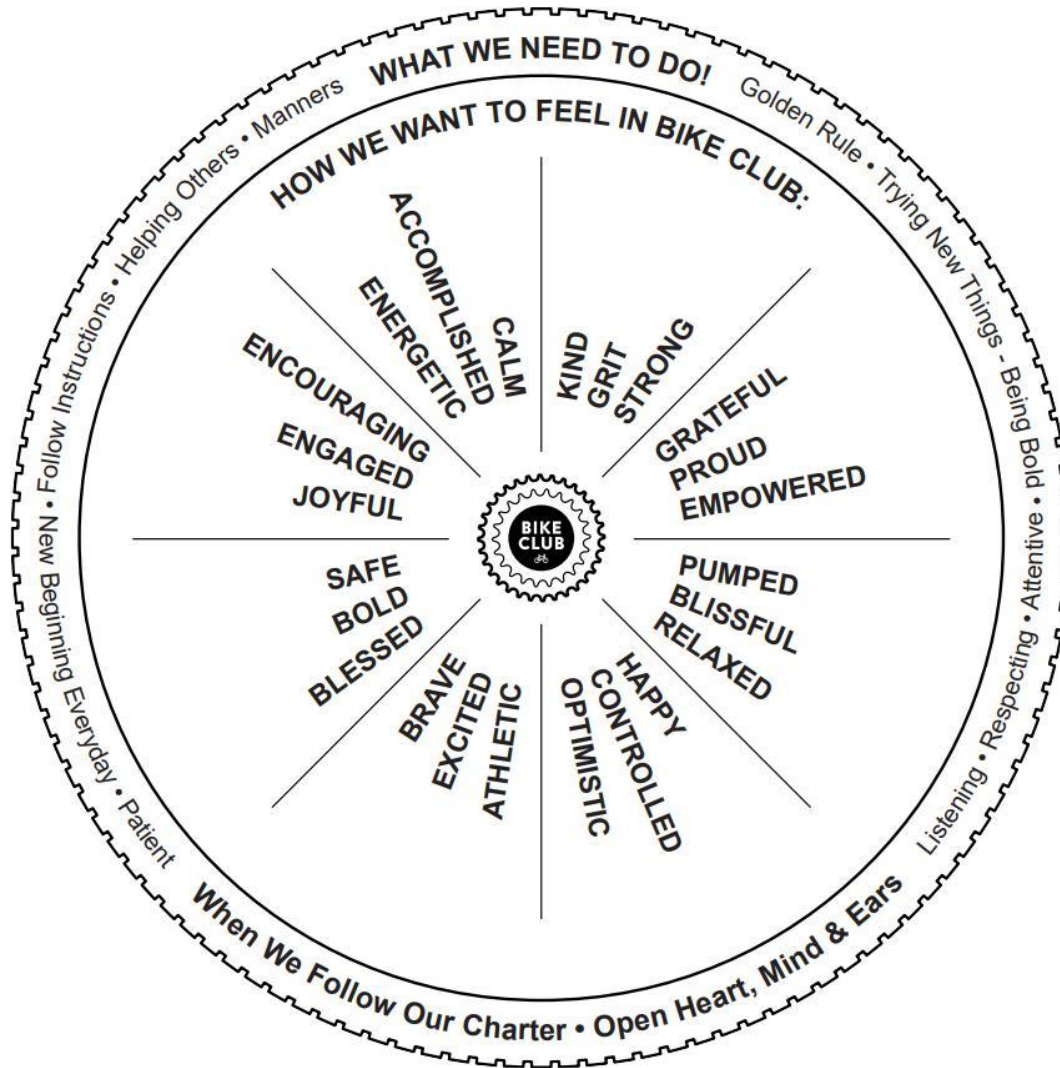
Bikes are considered vehicles on the road and it is important to be ready to ride... each and every time. A bicycle that is not "road ready" can

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



[View ALL Videos](#)

Q & A

OPTIMISTIC CLOSURE

A group of people are riding bicycles on a paved trail that winds through a lush, green forest. The trail is bordered by tall grass and dense foliage. In the foreground, a man with long hair, wearing a blue t-shirt, grey shorts, a black helmet, and sunglasses, is riding an orange mountain bike. Behind him, a line of other riders, including children and adults, are also on their bikes, following the path. The scene is bright and sunny, with sunlight filtering through the trees. The text "HAPPY RIDING!" is overlaid in the center of the image.

HAPPY RIDING!