



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

Humble Sons Bike Company Staff



Jason Whorton
Executive Director



Mike Wozniak
Director of Development



Jonah Panther
*Director of Finance
& Supply Chain*



Adam Vanderburg
Project Bike Tech Director



Lance Miller
Director of Operations



Cassie Dickerson
*Early Childhood
Programs Director*



Emily Adamic
Director of Programs



MISSION

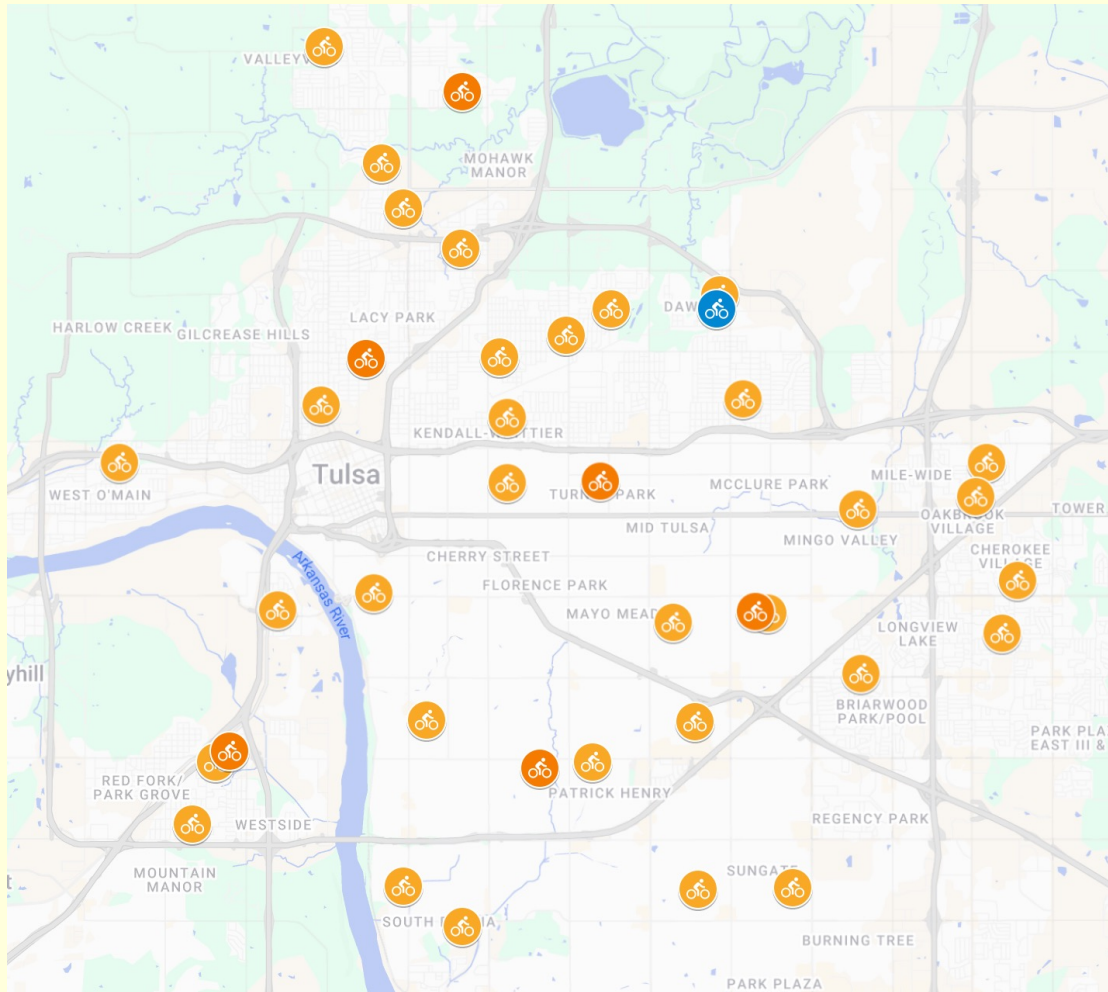
**BUILDING CONFIDENT CYCLISTS
AND GREAT TULSANS
THROUGH COMMUNITY ENGAGEMENT**



TODAY'S AGENDA

1. *After-School Bike Club in 2025-26*
2. *Getting Started*
3. *Ride Calendar*
4. *Resources*
5. *Q & A*





bikeclubtulsa.com/schools.html

PROGRAMMING NOW OFFERED IN 39 TULSA PUBLIC SCHOOLS!

ELEMENTARY

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

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

MIDDLE SCHOOL

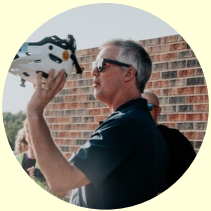
Carver MS
Edison MS
Hale MS
Monroe MS
Rogers MS
Webster MS/HS

MECHANICS

Tulsa MET HS

Need help?

PROGRAM MANAGER BY CLUB



Mike Wozniak

mike@humblesons.org

(918) 830-1150

Anderson

Celia Clinton

Emerson

John Hope Franklin

Sequoyah

Unity*

Walt Whitman



Adam Vanderburg

adam@humblesons.org

(918) 810-5072

Disney

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Lance Miller

lance@humblesons.org

(918) 760-5930

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Jonah Panther

jonah@humblesons.org

(918) 229-2130

Cooper

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Wayman Tisdale



Emily Adamic

emily@humblesons.org

(901) 246-8143

Carver MS

Edison MS

Hale MS

Monroe MS

Rogers MS

Webster MS

Unity*



Cassie Dickerson

cassie@humblesons.org

(509) 301-1874

Clinton West

Council Oak

Kerr

McClure

Skelly

Springdale

*co-program managers



BIKE CLUB FIRST TWELVE YEARS

12

YEARS OF BIKE CLUB
ACTIVITIES

4,200

STUDENTS HAVE
PARTICIPATED

40K

HOURS OF ADULTS
WORKING WITH YOUTH

260K

MILES TRAVELED
BY BIKE

25M

CALORIES
BURNED

BIKE CLUB

2024-25 DEMOGRAPHICS

690

TPS
STUDENTS

48%

BOYS

52%

GIRLS

GENDER

28%

ENGLISH LANGUAGE
LEARNERS

12%

SPECIAL
EDUCATION

RACE AND ETHNICITY

36%

HISPANIC

23%

BLACK

20%

WHITE

14%

BIRACIAL

4%

NATIVE

3%

ASIAN/PACIFIC
ISLANDER



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.
- **Encouragement** – Positive support from peers and adults to be their best.
- **Support** – Surrounded by individuals who care for and accept them.
- **Social Skills** – Learning to interact, make decisions, solve problems, and adapt to new situations.

"It helped me stay focused and determined"

"Bike Club made me feel happy and confident"

"The teachers give us courage"

Change your life...

- **Confidence** – *Trying new things and achieving goals.*
- **Impact** – *Making a difference with individuals and the community*
- **Camaraderie** – *Connecting with new friends.*
- **Skills** – *Gaining experience and qualifications.*
- **Growth** – *Exploring new talents and reaching personal goals.*

"I always feel better after Bike Club rides"

"Bike Club is an infusion of positivity into my life"

"It gave me my weekly dose of joy/hope"



GETTING STARTED

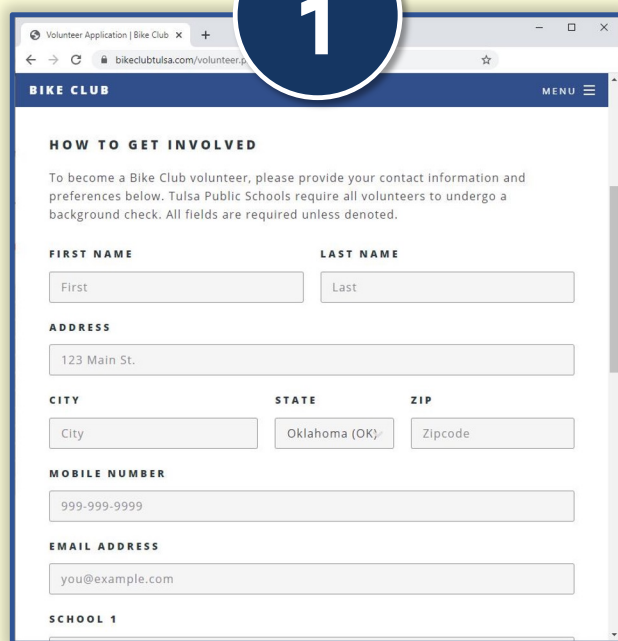


Volunteer Checklist

- ☐ Complete Volunteer Sign-Up Form – bikeclubtulsa.com/volunteer.php
- ☐ Submit Background Check – **NEW Volunteers Only**
- ☐ Attend Training (In-Person if possible) **Monday, September 22nd 5:30-7:30pm at Emerson Elementary, 910 MLK Jr. Blvd.**
- ☐ 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. Follow us on Facebook and Instagram (@bikeclubtulsa)
- ☐ Use Volunteer Hub to Familiarize Yourself with Club Lessons including Volunteer Handbook
- ☐ Attend Social Cookout Events to Stay Connected **Monday, Sept 15th, 6-8pm at Heirloom Rustic Ales, 2113 E. Admiral Blvd.**
- ☐ Contact Program Managers with Questions
- ☐ Just show up!!!

How Volunteers Sign-up to Participate

1



The screenshot shows a web browser window with the URL bikeclubtulsa.com/volunteer. The page is titled "BIKE CLUB" and "HOW TO GET INVOLVED". It contains a form for volunteers to provide their contact information and preferences. The form includes fields for First Name, Last Name, Address, City, State, Zip, Mobile Number, Email Address, and School 1. A blue circle with the number 1 is overlaid on the top left of the form.

BIKE CLUB

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



The screenshot shows a web browser window with the URL www.04.877.com/40ACTION/V. The page is titled "AmericanChecked inc. Background Screening Solutions®". It contains a form for background checks. The form includes fields for First Name, Middle Name, Last Name, Suffix, Street Address, City, State, Zip Code, SSN, Birth Date (DOB), Phone Number, and Email Address. A yellow starburst graphic with the text "NEW Members Only" is overlaid on the form. A red circle with the number 2 is overlaid on the top left of the form.

AmericanChecked inc.
Background Screening Solutions®

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

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

NEW Members Only

NEXT

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: 800-945-9676 or 918-742-4717
Fax: 918-742-7464

Humble Sore
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
Last Name: Doe
Suffix: Jr
Street Address: 100 N Main
City: Tulsa
State: OK
Zip Code: 74104
SSN: 555-55-5555
Birth Date (DOB): 01/01/1970
Phone Number: 918-555-5555
Email Address: johndoe@nada.com

NEXT

2

Applicant ID: 0000000000000000
Applying for the position of: SM
Email Address: johndoe@nada.com
SSN: 55555555
Birth Date: 01/01/1970
Phone Number: 918-555-5555

Update Above Data (OPTIONAL) (Click only once - this may take a few seconds.)

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 retype it. Once you have reentered the data, click on **Update Above Data**.

Click on the links below to view and print your Summary of Rights:

Summary of Rights (Click only once - this may take a few seconds.)

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 (Click only once - this may take a few seconds.)

SIGN ESign Authorization (Click only once - this may take a few seconds.)

ENTER AUTHORIZATION DATA

CATEGORY: APPLICATION DATA
SSN: 55555555
County: Criminal Tulsa OK

REQUIRED DATA

Complete
Complete

ORDER CONFIRMATION

CATEGORY: SERVICES
Package: Volunteer Check Plus Doe, John R

3

Please Sign: ESign Authorization

STATE LAW NOTICES AND DISCLOSURES - BACKGROUND INVESTIGATION

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

CALIFORNIA applicants or employees only: An applicant who knowingly waives the right to receive a copy of the investigation report requested by the Company, by returning AmericanChecked Inc. Form 8, State Law Notice, Waiver, and Acknowledgment, is not eligible for employment with the Company.

NEW YORK applicants or employees only: You have the right to request and receive a copy of any investigation report requested by the Company, by returning AmericanChecked Inc. Form 8, State Law Notice, Waiver, and Acknowledgment.

NEW YORK applicants or employees only: You have the right to request a copy of a copy of any investigation report requested by the Company, by returning AmericanChecked Inc. Form 8, State Law Notice, Waiver, and Acknowledgment.

WASHINGTON applicants or employees only: You have the right to request a copy of a copy of any investigation report requested by the Company, by returning AmericanChecked Inc. Form 8, State Law Notice, Waiver, and Acknowledgment.

Check box to receive report:

☐ Yes
☐ No

Date: 01/23/2020
Print Name: John R Doe

Next Step

4

John R Doe

My signing below, I hereby authorize the delivery of consumer reports and authorize consumer reports to the Company, at any time after receipt of the authorization and throughout the course of my employment with the Company.

Click here to sign (Click only once - this may take a few seconds.)

First Name: John
Last Name: Doe
Last Name Initials: SSS

Sign

5

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 (Click only once - this may take a few seconds.)

SIGN ESign Authorization (Click only once - this may take a few seconds.)

ENTER AUTHORIZATION DATA

CATEGORY: APPLICATION DATA
SSN: 55555555
County: Criminal Tulsa OK

REQUIRED DATA

Complete
Complete

ORDER CONFIRMATION

CATEGORY: SERVICES
Package: Volunteer Check Plus Doe, John R

I Agree (Click only once - this may take a few seconds.)

Submit Order

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. Take care of yourself first!*
- *Be prepared for the day's lesson*
- *Collaborate with the Faculty Sponsor and other volunteers*
- *Communicate on GroupMe, RSVP to event*
- *Have fun!!!*

We do not expect you to:

- *Be perfect*
- *Be in charge of behavior issues*
- *Be a bike "expert." You can learn alongside the students!*





Roles at a Bike Club

Faculty Sponsor

- *Tulsa Public Schools employee at the specific club site*
- *In charge of student and family communication*
- *Default leader of the club and activities*
- *Required to attend every session*

Bike Club Program Manager

- *Facilitates the club*
- *Delivers and maintains equipment, bikes, and supplies*
- *Attends in-person as often as possible*

Volunteer

- *Assists club activities*
- *Helps maintain a safe, welcoming, and fun environment*
- *Not required to attend every session*

Elementary Bike Club

Sample Schedule

3:00-4:30 example



2:45 – Park in visitor parking and check in at the front office where they will direct you to the Bike Club room or meeting area.

2:50 – Start organizing bikes and supplies needed for the day's meeting.

3:00 – **Wheels In!** Greet students with a warm welcome, distribute snacks*, and take attendance.

3:10 – 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 video that corresponds to the lesson.

3:20 – Everyone grabs their bikes, helmets, vests and bottles and suits up for the day's ride.

3:25 – Perform ABC Check and air up tires/adjust bikes as needed, then head outside.

3:30 – Setup the day's lesson. Explain the drill. Demonstrate the lesson. (later in the season, this will be when off-campus/field trip rides roll out)

3:45 – Get kids on bikes! Let them practice the drill, providing feedback along the way.

4:00 – Let kids free ride or play an on-bike game.

4:20-4:30 – **Wheels Out!** Return bikes and equipment to the Bike Club room, distribute snacks*, provide an optimistic closure, and begin dismissing students.

Ways to stay connected



Email Newsletters (MailChimp)

bikeclubtulsa.com/newsletter

~monthly email updates for
volunteers and the general
public



GroupMe

[GroupMe.com](https://groupme.com)

Club-specific communication
between sponsor, volunteers,
and Bike Club staff.



Facebook (Closed) Group

facebook.com/groups/bikeclubtulsa

Must request to join.

Public Facebook Page

facebook.com/bikeclubtulsa



Volunteer Cookouts

In-person gatherings for
volunteers, sponsors, and
others to connect. Free
food and beverages!
Monthly during season.



Instagram

instagram.com/bikeclubtulsa

RIDE CALENDAR

Ride Calendar (Tuesday Elementary Example)

FALL 2025

September

- 9/16 – Lesson 1 (FIRST DAY)
- 9/23 – Lesson 2 (or 1 cont'd - Bike Fit)
- 9/30 – Lesson 3

October

- 10/7 – Lesson 4
- Fall Break -
- 10/21 – Lesson 5
- 10/28 – Lesson 6

November

- 11/4 – Lesson 7
- 11/11 – Lesson 8
- 11/18 – Short Neighborhood Ride
- Thanksgiving Break

December

- 12/2 – Review
- 12/9 – Neighborhood Ride
- 12/16 – Review/Assessment/Party!

SPRING 2026

February

Spring Start is Flexible. Goal: 10+ meetings

- 2/24 – Review/Assessment

March

- 3/3 – Field Trip Ride
- 3/10 – Field Trip Ride
- Spring Break
- 3/24 – Field Trip Ride
- 3/31 – Field Trip Ride

April

- 4/7 – Field Trip Ride
- 4/14 – Field Trip Ride - Park
- 4/21 – Field Trip Ride - Ice Cream!
- 4/28 – Field Trip Ride - Fire Station

May

- 5/5 – Field Trip Ride/ Rally Prep
- **5/13 – Bike Club Rally (Wednesday) Elementary Clubs Only**
- **5/19 – Bike Give-A-Way (LAST DAY)***



[View Full 2025-26](#)
[TPS School Calendar](#)

***Earned Bike Notice**

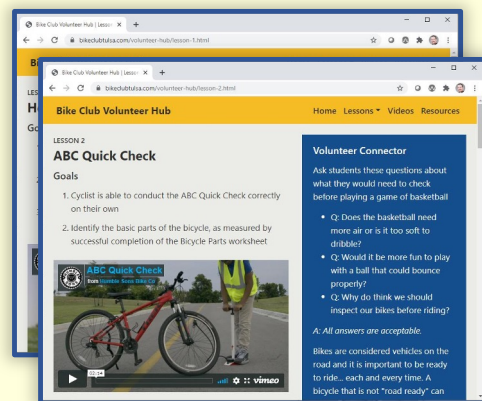
Giveaway bikes are never guaranteed, please

DO NOT promise a bicycle at this time.

Thank You!

RESOURCES

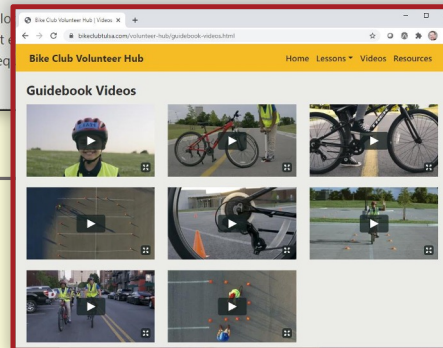
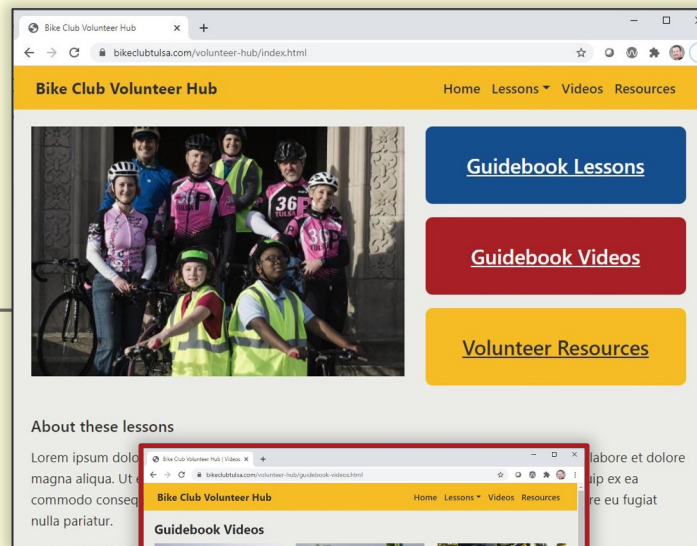
VOLUNTEER HUB



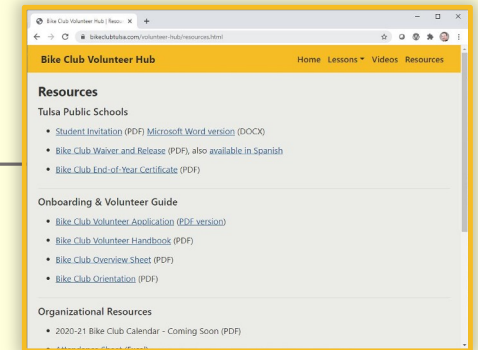
Guidebook Lessons (8)

- *Virtual Scripts*
- *Activities*

bikeclubtulsa.com/volunteer-hub



Guidebook Videos



Volunteer Resources

- *Forms & Waivers*
- *Volunteer Handbook*
- *Attendance Sheets*

GUIDEBOOK LESSONS

The screenshot shows a web browser window with the URL bikeclubtulsa.com/volunteer-hub/lesson-2.html. The page is titled "Bike Club Volunteer Hub" and has a navigation bar with links to Home, Lessons, Videos, and Resources. The main content area is for "LESSON 2: ABC Quick Check". It lists two goals: 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 is titled "ABC Quick Check from Humble Sons Bike Co" and has a duration of 02:14. To the right of the video is a blue sidebar titled "Volunteer Connector" which contains a list of questions about basketball and a note that all answers are acceptable. The page also includes a Vimeo logo at the bottom of the video player.

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

ABC Quick Check
from Humble Sons Bike Co

02:14

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!

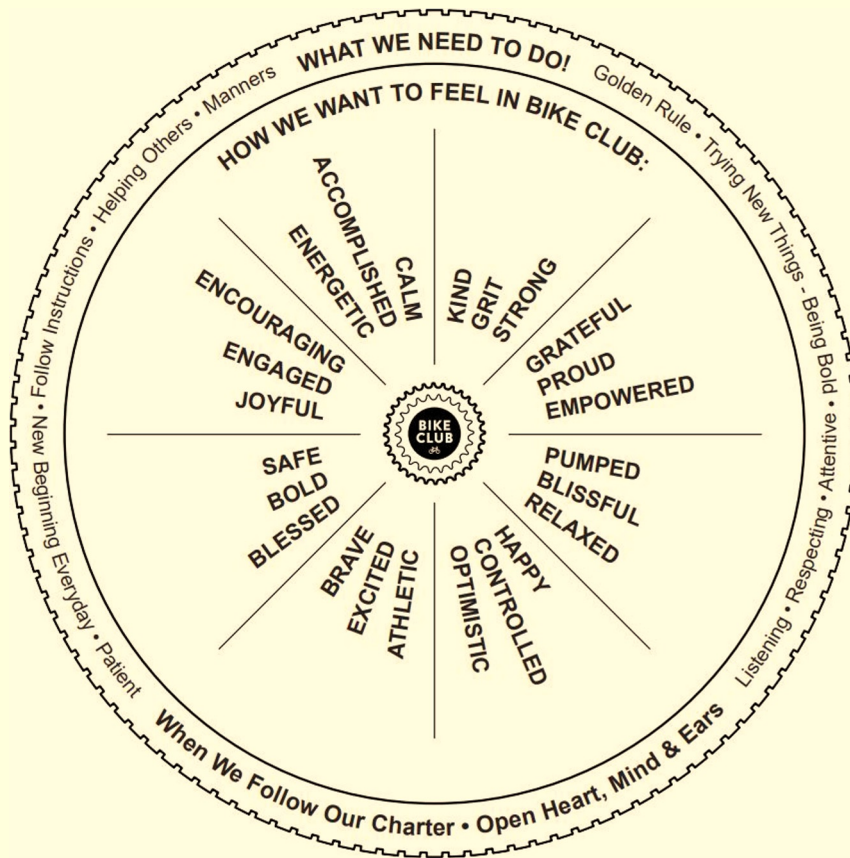
Volunteer Handbook

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



bikeclubtulsa.com/handbook

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](#)

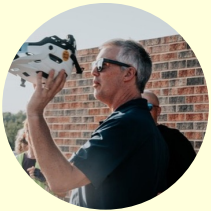
BIKE CLUB TV



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

Need help?

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*2 program managers

Q & A

