



Student Logistics (Know Before You Go!)

Wilderness First Aid (WFA)

Sponsored by *BIKE CLUB TULSA* & NOLS Wilderness Medicine

Dates: Saturday, October 31 – Sunday, November 1, 2026

Cost: \$350 tuition

Location: **Bike Club Headquarters, 5737 S Union Ave, Tulsa, OK, 74107**

Parking Directions

The **Bike Club Headquarters (5737 S Union Ave, Tulsa, OK, 74107)** can be found via Google Maps and Apple Maps. We ask all participants to park in the main lot at Bales Park (just 100ft south of the building) and walk the paved path to the building, through the metal archway (see picture). ADA parking is available in the small lot right front of the building, accessible via the metal gate off Union Ave.



Travel, Meals, and Lodging

If using air travel, we suggest flying into the Tulsa International Airport. There are Uber and other ride share options in town, but renting a car would be suggested for frequent commutes around town. There is also dedicated bicycle infrastructure linking the BCHQ to shopping centers, the scenic riverside, and the downtown area (approx. 7-mile ride).

There is no meals and lodging package available for this course. Students are required to arrange all food and lodging. Bike Club will provide light refreshments throughout the course.

There are many available hotel, Airbnb, and Vrbo options in Tulsa, including many close to the BCHQ on the west side of town. For camping options, the closest developed campground is at Keystone State Park just over 20 minutes away, or there is an RV park (Warrior RV Park) just a couple minutes down the road.

Registration:

To register for the course, please contact Emily Adamic from Bike Club (contact information below). Registration can be accepted at any time. Full tuition is due 15 days prior to the start date. Failure to pay full tuition by this deadline will result in cancellation of your registration, and retention of all monies paid.

Cancellation Policies

If students wish to cancel 15 days or more before to the course start date, a full refund will be issued less a \$50 fee. If students wish to cancel less than 15 days prior to the course start date, the course is non-refundable or transferable. Please contact Emily Adamic from Bike Club (contact information below) for all cancellation inquiries.



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CONTACT INFORMATION

To register for the course, and for help with any other questions (location, logistics, cancellation, and more), please contact:

EMILY ADAMIC

Director of Programs and Research

Bike Club Tulsa

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901-246-8143

bikeclubtulsa.com

LEARN MORE ABOUT BIKE CLUB AND THE BCHQ!



Bike Club began as an after-school program, founded in 2014 through collaboration between community cycling advocates and the nonprofit Humble Sons Bike Company (HSBC). Originally launched in Tulsa Public Schools, Bike Club uses bicycles as a tool to mentor youth, teach life skills, and promote healthy activity. Students learn bike safety and maintenance, build confidence through riding, and explore their neighborhoods alongside adult mentors. Today, Bike Club continues to grow, operating after-school clubs in 38 different schools while adding in-school P.E., summer camps, pop-up repair clinics, a youth mountain bike race team, and more!

The new Bike Club Headquarters (BCHQ) operates as a base for all Bike Club activities, and opens its doors as a community hub for cycling & outdoor recreation. It sits on 10 miles of multi-use trails that HSBC helped design and develop. Working alongside a broad network of community partners, Bike Club now serves thousands of Tulsa youth and families each year. To learn more or support the program, visit bikeclubtulsa.com.

NOLS Wilderness Medicine – M-F from 8am - 5pm Mountain Time
(866) 831-9001 – wilderness_medicine@nols.edu – NOLS.edu