

# FROCKSONBIKES

presents:

# Frocks Day Out

a Celebration of Cycling

**Saturday 12 September 2009,**  
from 10am with the frock parade at 1pm  
**Western Park, Ponsonby Road**  
in tandem with the Ponsonby Market Day.



Dust off your glam frock,  
polish up your trusty bike  
and say "Hello Spring"  
with a frockilicious festival  
of cycling and style!

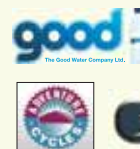
- **MUSIC TO FROCK TO** from local DJs
- **FREE BIKE CHECKS** by Adventure Cycles
- **GORGEOUS VELORBIS FROCK-FRIENDLY CYCLES** from The Urban Bicycle Co. to try out
- **PRIZES** for **BEST DRESSED**, most **FROCKILICIOUS HELMET** and **BIKE DECORATION**
- **THE FROCK PARADE:** The Frock Flock will travel along Ponsonby Rd at 1pm - glamorous frocked up lady cyclists & stylish supporting gents and families frocking along Ponsonby Road to Three Lamps and beyond!



[www.frocksonbikes.org](http://www.frocksonbikes.org) Do your bit for the climate, join the moōvement.

Frocks on Bikes proudly supports **350 AOTEAROA**  
and the Global Day of Action, October 24th.

Special thanks to:



**Ponsonby**  
business association

