



## Superheroes Summer Street Party – 23 July - 20 August 2022

Move More Jersey have joined forces with the Superheroes Series and Marvel to help you spring back into action with this month-long summer challenge and we are calling local superheroes to take part in the SUMMER STREET PARTY!!

Thanks to our partnership with the Government of Jersey, in support of Jersey's Disability Strategy, we have 500 entry packs which are **FREE OF CHARGE!**

To take part in the event, you need to set yourself a personal challenge which you will complete during the month of 23 July – 20 August 2022.

This month-long challenge is to encourage our super community to try something new, go a little further than you've gone before or simply unite with family and friends to share a super passion and do something together!



Maybe you want to try cycling for the first time, go for a family walk or challenge yourself to complete a set distance over the week. You may prefer a sensory challenge such as cooking or art. Whatever your Superpower is, you are welcome to join in.

**WHO CAN ENTER** - Anyone!

You can enter as an individual or unite with friends, family, school or work colleagues to complete your Find You Power Challenge. All we ask is that if you are a solo participant or are part of a team, at least one of you would consider yourself as having a disability (of any kind)!

Why not put a team together from your school, work or sports club?

**YOUR SUPER DISTANCE:** You're free to set you own goal from 10m to 100km or more!

**WHEN:** You can choose to do your challenge on one day, over a few days or use the whole month from 23 July to 20 August 2022.

**WHERE:** We have such a beautiful island as our playground and you can choose wherever you wish to complete your challenge. It may be at home, outdoors, in our parks, on the beach or even in the sea!

Move More Jersey will be running a number of activities which will be FREE to take part including our Cycle Without Limits Centre, Move More Walks, Move More Exercise Classes and Move More Ability Classes such Boccia, Multisport and Family Sessions

Your challenge may be to come to one of these sessions for the first time! We also have lots of routes you can download from our website which you could do with your family or even have a go at Sporteering!

**HOW:** Choose whatever inspires you to find your power! You can run, walk, wheel cycle, swim, skate, row, paint, cook, sing.... Or use a combination of all of that!

All gadgets ad gizmos are welcome from zoomed up wheelchairs, adaptive bikes to SUPs, surfboards, kayaks, scooter, roller blades..... anything goes – you choose!

You can also use your Super sense and choose from a range of sensory challenges – such as popping bubbles and fun food tasting test or invent your own challenge. Each sensory achievement is simply converted into kilometres towards your mission!



**DO I HAVE TO DRESS UP AS A SUPERHERO?** You don't have to dress up or wear a costume, but we do encourage you to you to join in the fun by putting on your best Superhero costume! Here are some Super costume ideas to help you look and feel the part for your challenge.

**THE SUPERHERO PART!** For this challenge, everyone who enters will be put into a SUPER team – each with its own Marvel theme and led by one of the on Island Team Captain Winners.

The teams will include many other islanders in Jersey, and you will be (virtually) racing to all 7 Party destinations. But don't be daunted, you'll be remotely uniting with lots of islanders to achieve your super mission and will be able to watch your teams progress on UK Superheroes Series



World Map! Once you have registered with Move More Jersey, you will be emailed with details on your next steps to join your superhero team!

**Your round-the- world party tour:**

**1. Dorney Lake, Buckinghamshire, UK**

Superheroes will start their mammoth journey at the world-class Paralympic venue Dorney Lake.

**2. Glastonbury Festival, Somerset, UK**

Grab your wellies, capes and flower crowns, we're going to Glasto!

**3. Oktober Fest, Munich, Germany**

We'll drink, dance and be SUPER jolly at the iconic Bavarian beer festival.

**4. La Tomatina, Valencia, Spain**

Tomatoes at the ready, we're jetting off to Valencia for a SUPER messy food-fight celebration!

**5. The Mombasa Carnival, Mombasa, Kenya**

Get ready to boogie alongside Swahili floats at the SUPER Mombasa Carnival in Kenya.

**6. Holi Festival of colour, India**

We'll be painting the town red (literally!) at this technicoloured celebration!

**7. The Fuji Shibazakura Flower Festival, Fuji Five Lakes, Japan**

Next up, we'll be taking in the spectacular sea of blooms at the Fuji Lakes Flower Festival.

**8. Mardi Gras, New Orleans, America**

We'll be donning our purple, green and gold capes, and letting the good times roll at the world-famous festival!

**9. Disney's 50th anniversary celebration, Florida, America**

Our trip wouldn't be complete without joining the Disney cast members in Florida to show them how the Superheroes get down at Disney's epic anniversary celebration.



**10. Rio de Janeiro Carnival, Rio, Brazil**

Bring your masks, capes & feathers for the greatest party in the world.

**11. Notting Hill Carnival, London, UK**

Back in the UK we'll be enjoying the food, dance & fabulousness at London's biggest festival.

**12. Dorney Lake, Buckinghamshire, UK**

We'll finish this SUPER party extravaganza at the most super celebration of all! Superhero Tri!



**YOUR SUPERHEROES RACE PACK**

Once you have signed up, each participant will receive a Super Race Pack, including a Marvel "Summer Street Party" medal, T-shirt, and finish line tape to celebrate that all important finishing moment!

**READY TO SIGN UP AND TAKE PART?**

We have 500 FREE places to offer islanders who want to take part in the Summer Street Party.



To enter, simply email Claudia Andrade, Move More Jersey Disability and Inclusion Officer - [claudia.andrade@jerseysport.je](mailto:claudia.andrade@jerseysport.je) and we will send you a registration form for you to complete and return back to us so we can allocate you with a pack.

If you are an organisation and wish to put together a large team, please contact Claudia for further support.

If you have any questions, or wish to know more about this challenge, please do not hesitate to contact Claudia on 07797956318 or email: [claudia.andrade@jerseysport.je](mailto:claudia.andrade@jerseysport.je)