**FESTIVAL OF THE FOOTHILLS**

24th January 2018

Venue: Gelephu Public Ground

**PROGRAM FOR THE DAY**

|  |  |  |
| --- | --- | --- |
| Time | Activity | Remarks |
| 6:30 AM | Labsang Thrisel |  |
| 7:00 AM | Flagging of the Marathon (Men) | This full Marathon (42.195 KM) for Men & half Marathon (21.09KM) for Women is open for all with no age limit. During the Marathon, the runners will carry important messages concerning health, environment, disaster, saving of endangered species like tiger. |
| 7:30 AM | Flagging of the Marathon (Women) |
| 8:30 AM | Flagging of the Cycling Race | This 63 km cross country cycling will pass through rivers, suspension bridges, foot bridges, paved roads, dirt roads, foot paths, etc. Bikers will carry important messages concerning health, environment, disaster, economy, etc. |
| 9:00 AM | Opening of the Festival of Foothills | Sale of agriculture, livestock and horticulture products of the dzongkhag will constitute the main event of the festival. Value added products such as pickles, candies, coffee, yoghurt, paneer, etc will also be on display. In addition to display and sale of local products, each gewog will also run a food stall and sell foods unique to their gewogs.  |
| 11:00 AM | Nyagoed Competition | Each gewog will send a strongman to the festival. These 12 strongmen will run for 1.5 km with 50 kg load of rice. Winners will be provided farm equipment such as grinding machines, power sprayers, churners, etc. |
| 11:30 AM | Walkathon (60 years & above) | This 3 km walkathon has been included to encourage active/healthy lifestyle of elderly population. Men and women above 60 years and above will be allowed to participate in the race.  |
| 12:30 PM | Entertainment Programs | The programs will consist of unique cultural items like Kelang dance (traditional dance of Rais and Subbhas), Tamang Silo, folk dance such as Bomedla Karmai Wangzom, and other unique Zhungdras and Boedras. |
| 4:00 PM | Award of prizes for various competitions | Winners of the Cycling & Marathon will be provided with cash prizes. Attractive prizes in kind, mainly in the form of butter, cheese, eggs, honey, rice, and farm machineries will be provided to winners of other events. |
| 5:00 PM | Closing of the Festival with Tashi Lebey |   |

**………………………………END…………………………………..**