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Department of Energy



**STATE**  
GUIDE LINE



# RAJASTHAN CULTURAL MARATHON 2018



"Run, Encourage and Celebrate Culture"





# Celebrate The marathon This october



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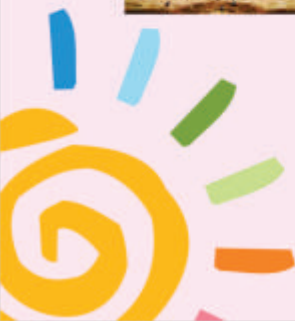
# Introduction



The Hypnotic land of royal **Rajasthan**, is a state of Men with proud Mustaches and women with twinkling anklets in colorful swirling ghargas. The state is one destination In India, from where no one can return empty handed.

Jaipur the royal pink city of **Rajasthan** is a cultural hub of India. This city reflects its richness in its arts, architecture, culture and cuisine. The everlasting effect of the rich Rajasthani tradition, Rajasthan **jaane kya dikh jaaye!**, Bikaji, along with state **Govt. of Rajasthan Energy Department** feel privilege to enter into its 2nd edition for Rajasthan Cultural Marathon Fiesta 2018.

Jaipur will see yet another edition of the State Guide Line Info Services, Rajasthan Cultural Marathon in October 2018. The association pledge to serve growth and continuation to race, events and activities that encourage the growth of the running culture in the Rajasthan.



“Running is the greatest metaphor for life, because you get out of it what you put into it.”



**The Rajasthan Cultural Marathon** has been modifying and flourishing since its outset and has reaped an amazing backing from preeminent personalities, audacious army men and policemen, resourceful corporate houses, painstaking sportsperson, devoted NGO'S, schools and colleges and last but not the least all the Indian's who have made Rajasthan Cultural Marathon a success.

Marathon running is one of the most grueling inspection for human will and fortitude for a runner and organizing and staging a marathon for its organizers. The Rajasthan Culture Marathon will grasp love and care while working towards the welfare of the 'Pink City' and the hypnotic acreage of Rajasthan. Its ambition to pummel a balance between the affluent indigenous seed of this imperial land and the transcending architecture and modern outlook of the city in the race of becoming a world-class city.

It is one of the most eye-catching Marathon in India. The spring October weather makes quintessential condition for a fast marathon on an enjoyable and quick course. It has hastily become one of the best and tenacious fanatical on the calendar of Rajasthan.



# Objectives of Rajasthan Cultural Marathon

**Rajasthan Cultural Marathon** encourages, inspire and motivate people of all ages and background to improve their mental and physical health through running and exercises. To create a whole new generation of road runner, giving amateurs the opportunity to improve and professional the chance to compete and to encourage healthy living through Marathon.

Come, Run, Encourage and Celebrate Culture, click your picture and post it with tag.



## #RUNRAJASTHAN



## Organized By

We are happy to organize our 2nd edition of “**Rajasthan Cultural Marathon**” in mesmerizing acreage of Jaipur, Rajasthan for our venerated citizen.

It was founded in the year 2006 in the cultural hub & capital of Rajasthan. SGL are assembled with a combination of motley people, irrespective of castes and creeds. They all holding prestigious profile in the major fields of the society and till date have taken keen interest for the all round development and welfare of the society. We always provide a prime solution, awareness, creativity and innovation about the field of education and advertising, promotion, sports program and manpower development option which provide an interactive platform and all over growth for youth and all we help to plan and built their career.

Education  
Career  
Fair 2019



The member of State Guide Line has decided to take active participation in organizing race in marathon. Thus, to make this a success the organization has met and joined hands with the organization at the state and national level.

**We wish to provide new opportunities for creation and exchange of experience.**



# The Spirit of Rajasthan Cultural Marathon 2018



**The Rajasthan Cultural Marathon 2018** celebrates the unique spirit of the Rajasthan's greatest marathon, showcasing the extraordinary stories of its runners, champions, volunteers and supporters

The Rajasthan Cultural Marathon 2018 celebrates the unique spirit of the Rajasthan's greatest marathon, showcasing the extraordinary stories of its runners, champions, volunteers, supporters and spectators through the new Spirit of Rajasthan cultural Marathon **Mr. Vaibhav Bhardwaj**, Event Director, explains: "On Race Day last year, thousands of people around the world were moved by the sight of Mahal Road Jagatpura, Jaipur. For us, that moment encapsulated the unique spirit of the Rajasthan Cultural Marathon and inspired our theme for 2018. "Running the Rajasthan Cultural Marathon is described by so many as a life-changing experience with extraordinary camaraderie among the runners, volunteers, spectators and everyone involved in the Rajasthan's greatest marathon. Our #runrajasthan campaign will unite everyone running on Sunday 7th of October and the greater Rajasthan Cultural Marathon family of more than ten thousand finishers – and it also has a wider connection with the response of Jaipurites. "The unity and camaraderie that running a marathon can bring was embodied by our inaugural winners, RatiRam Saini and VinodSingh who crossed the line hand in hand after dueling it out for 21 km. They both carried on that spirit and we know that on 8th of October hundreds of thousands of Indians will be out on the streets of the capital to celebrate the Rajasthan Cultural Marathon. We hope that you will share your 2018 Rajasthan Cultural Marathon stories using #runrajasthan.



# Be a part of this gala and let's **RUN TOGETHER** for a superior tomorrow !

Rajasthan Cultural Marathon has different race categories:

Run for social cause

- Half - Marathon (21 km)
- Cultural Run (6km)
- Run for Environment (4 km)

Online  
Registration on

bookmyshow



# Rajasthan Cultural Marathon Benefits

## You'll Experience Lots of Health Benefits



Beyond helping you to lose or maintain weight, there are lots of other health benefits of half marathon. Running will strengthen your heart and ensure the efficient flow of blood and oxygen throughout your body, which helps decrease your risk of a heart attack. Exercise is one of the best ways to naturally reduce your blood pressure if it's above normal and it can help keep high cholesterol in check. Running also improves your immune system, so your body functions are more effective and efficient at fighting off germs.

## You'll burn a lot of Calories



Half marathon requires logging a lot of miles, which will turn you into a calorie-burning machine. Of course, you need to make sure that you're not overcompensating for those lost calories by going overboard at post-run meals, especially if you're hoping to lose weight by running.

## You Can Spend Time with Family and Friends



Many runners have discovered their love of the half marathon distance after being convinced by a friend or family member to sign up for their first one. Whether you train or travel to the race together, you'll get to spend time with one another and bond in your pursuit of a common goal.



## Increased cardiovascular Capacity



Training for a half marathon requires gradual building of mileage and speed, prolonged running and commitment to fitness. Constantly improving fitness will improve the body's ability to take on greater mileage, lower blood pressure, and improve overall heart health. The training runs required for a half marathon push the body to the perfect limits for maintaining a healthy heart and cardiovascular system.

## Weight Loss and Calorie Burning



Training for a half marathon requires logging a lot of miles, which will turn you into a calorie-burning machine. The distance of 13.1 miles is not one that should be undertaken without preparation – it requires at least 8 weeks of training once a strong base is established. This will definitely burn calories and improve muscle tone.

## Increased Confidence



While the half marathon distance is growing in popularity, the number of people who've completed a half marathon is still very small. Once you cross that half marathon finish line, you'll be joining an elite group of runners who have accomplished this feat.

# Event Venue

Enlarged event venue **MAP** is attached to this book.

on Marathon day, i.e. **7th October 2018**  
you need to assemble at the Albert Hall, JLN Marg, Jaipur.  
All races start and finish from at this place.

## Facilities at Event Venue

The following facilities will be provided at the event venue



**DRINKING  
WATER**



**WASHROOM**



**REFRESHMENT**



**DOCTOR**



**WARM UP  
ZONE**



**SELFIE  
BOOTH**





## On Race Day

**Plan ahead! Read the following instructions carefully ahead of the big day**

### **Your Running Number**

You must pin your running number to the front of your T-shirt or running vest. Your running number has a number between 1 and 9 printed in the bottom right corner. This indicates your zone at the start you must not use someone else's number, nor let someone else use yours. Number swapping is strictly prohibited for a number of reasons, the most important of which is the danger and confusion it can cause in the event of an incident on the course. The information you provided in the registration process included your next of kin and emergency contact information. First aid crews on the course provide details of those that have had to drop out of the race, those receiving medical attention, including their location, and if they have been taken to a hospital.

## **DON'T FORGET YOUR NUMBER**

Do not forget your running number. There are no spare running numbers at the Start. If you forget your number and still insist on taking part, our marshals will remove you from the race before you cross the Finish Line. They are instructed to do this in order to prevent non bona fide runners who do not have a place in the event joining in and attempting to cross the line to receive a Finisher's medal.



OUR COUNTRY  
OUR CULTURE  
MAKE A DIFFERENCE

Raja  
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**Hon. Vasundhara Raje**  
Chief Minister of Rajasthan

It is an honour to be a part of the Rajasthan Cultural Marathon. It is a great significance to serve the Rajasthani Culture through Rajasthan Cultural marathon. The Rajasthan Cultural Marathon allows people from all across the world the chance to experience and celebrate diverse cultures in a respectful and positive atmosphere. I extend my greetings and felicitations to all those associated with the Rajasthan Cultural Marathon for their event. Rajasthan has artistic and cultural traditions which reflects the ancient Indian way of life. Rajasthan has artistic and cultural traditions which reflects the ancient Indian way of life. Rajasthan has a glorious history. I wish all of those involved in the Rajasthan Cultural Marathon on your great success.



**Sh. Dushyant Singh**  
Member of Parliament,  
Lok Sabha-Jhalawar-Baran

I am very pleased to know that the state guideline info services is organizing "Rajasthan Cultural Marathon" in this year in Jaipur. I wish all success and convey my best wishes to the organizers for their sincere efforts and endeavour for hosting this significant event. I would also like to send my best wishes to all participants for extending their full support in making this event a grand success.



**Sh. Rajendra Singh Rathore**  
Rural Development, Panchayati Raj

Rajasthan has artistic and cultural traditions which reflect and ancient Indian way of life. There is a rich and varied folk culture from villages which is often depicted symbolic of the state. Highly cultivated classical music and dance with its own distinct style is part of the cultural tradition of Rajasthan. The music has songs that depict day-to-day relationships and chores, often focused around fetching water from wells or ponds. I wish you all the best for connecting people to their culture also wish you a great success of this festival.



**Kali Charan Saraf**  
Health Minister Govt. of Raj.

The Rajasthani's own the pride of not only enriching the culture of Rajasthan but also the entire culture of India. Being a Rajasthani is a my great pleasure to be a part of such and amazing and inspirational event. Rajasthan cultural marathon is a great platform for all of us to celebrate our cultural on such a huge level especially the youth who is not much familiar to those customs and traditions that pertain to that of the vedic rites and rituals. My good wishes to all the members and participants of Rajasthan cultural marathon.



**Rajpal Singh Shekhawat**  
Industrial Minister Govt. of Raj.

Today's world has become complex although much advances due to globalization. Your effort of "connecting people through this marathon" is serving people in a big way. The popularity of your event is unquestionable. There are so many people from many designations across the India will be speaking at the forum and their contribution will address some of the unprecedented humanitarian issues to meet many challenges of different businesses, faiths and communities. All the best for your Marathon.



**Shri Vipin Chandra Sharma**  
Rtd. Additional Chief Secretary, Govt. of Raj.

I am happy to learn that Rajasthan cultural marathon, hope the event will provide a platform offering athletes an unmatched running experience. I hope the Society will continue to work for the welfare of the youth with great zeal. On this occasion, I would like to convey my greetings to the organizers and the participants and wish them every success.



# Medical Advice



## ON THE DAY

Wear appropriate clothes for the weather when you're racing. On a cold, dry day you can become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easily carried. If it is hot, wear loose mesh clothing, start slowly and, if possible, run in the shade. Please don't wear multiple layers and don't try to attempt a personal best. Use shoes you know from experience will not give you blisters.

## AT THE FINISH

Once you have completed a race, do not stand about getting cold. Keep walking, especially if you feel dizzy, and drink to replace lost liquid. Get your kit and change into warm, dry clothing. Foil blankets will not stop you from becoming cold. Keep on drinking slowly and have something to eat. Some runners feel faint more than half an hour after finishing a race, often because they have taken insufficient fluid and or not eaten anything. Again, do not drink excessively.

# Think Before You Drink



Adequate preparation appropriate nutrition, Athletes often consume and protein drinks as well as purchased in sports and preparation for the event, which is

However, over the last two decades

of commercially available compounds that claim to enhance performance. Some have been found to contain substances banned in other countries and other products (such as steroids) that are banned for use among competitive athletes. Such products are usually purchased via the internet and should not be used by anybody training for a sports event like the marathon Runners using performance-enhancing compounds that have not been licensed and regulated properly may experience serious side effects and increase their risk of developing heart disturbances that culminate in sudden death.

The Rajasthan Cultural Marathon has many Drinks Stations to ease congestion and allow access for the 20,000 expected runners but supplies far more drinks than are needed. This ensures there is enough for everyone, including the slower runners at the back.

You do NOT need to drink at every water or Drinks Station. THINK before you DRINK.

for a marathon requires hydration and rest. isotonic, carbohydrate energy gels and bars health-food shops in considered safe practice.

there have been an increasing number





Don't stop when you're tired Stop When you're done!

The broadly flat way goes through some of the most panoramic areas of Jaipur. Millenarian of performers accompany colorfully festoon floats and dance along the streets of Jaipur. Spurt and immerse in the atmosphere of roadside entertainment and supporters.

Whether you are an exclusive runner looking for a new personal best or just a beginner runner looking for a fitness goal, this gala of strength. And fitness in India at Jaipur has an event for you.

**Rajasthan Cultural Marathon** includes event that hook up everyone in gall of their economic status. This fiesta brings people from all walks of life like politicians, runners, players and the layman together.

# Here are a few things you need to remember when you run the famed Rajasthan Cultural Marathon this year

There will always be a queue for toilets so be prepared

Find your place in the starting corrals because it will take at least a mile before its free running as the crowd spreads out

If you like seeing the sights then you can look out for The Albert Museum, Jaldhara, and Birla Mandir to name a few Crowds will cheer you on through the way; absorb that energy

Don't be too surprised if you hear someone yell you name, it's on your BIB and people are just calling out encouragements

As you near the finish line, the crowds will get louder and more boisterous. It can be annoying or encouraging, depending on how you view it.





## Glimpse of RCM - 2017



**कल्चरल मराथन म दौड़ शहरवास**



अवसर | रविवार सुबह 6 बजे से होनखान कालमल मराथन दौड़ शुरू।  
 स्टेट 100 दौड़न इनचो रजिस्ट्रेशन की ओर से हमसब अपेक्षन किंग  
 गाथा प्रदेश की बरब पसंदगी की बगुमा देने व हेल्थ अपेक्षन के  
 लिए मराथन अपेक्षन की थी। कालमल कालमल मराथन दौड़न  
 के लिए 6 किलोमीटर की मराथन दौड़न के पहर रोज से शुरू हों।  
 पर ही 21 किलोमीटर की दौड़ मराथन की रोजी थी।





राजस्थान कल्चरल  
मैराथन में लगाई दौड़



एजिक्स **PLUS** रिपोर्ट

[illegible]

के बीच पैसा बाँटते रहित तो हों, जहाँ  
लिखकर लपेटा जाता। इस अवस्था में  
राज्य के अधिकांश मुख्य अधिकारी  
चित्रकला तथा संगीत में बड़ा महारत  
रहते हैं। हमारे 21 विधानसभा क्षेत्रों  
में से केवल 11 में ही 100 से अधिक  
विधायक रहते हैं। अधिकांश विधायक  
कुछ ही क्षेत्रों में रहते हैं। अधिकांश विधायक  
में अनुभव के अभाव में प्रश्न की तरह

पत्रिका Non, 03 October 2017  
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# AN INITIATIVE BY SGL

## Nature Conservation

Nature fulfils our basic requirement to live by providing us air, water, land, sunlight and plants. These resources are further used to manufacture various things that make life more convenient and comfortable for the human beings. Unfortunately, man has grown so engrossed in over-utilizing these resources to invent newer things that he has almost forgotten the importance of conserving them. As a result, many of these resources are depleting at a fast pace and if it continues this way then the survival of human beings as well as other living beings on Earth would become very difficult. Conservation of nature means the preservation of forests, land, water bodies and conservation of resources such as minerals, fuels, natural gases, etc. to ensure that all these continue to be available in abundance. In the Rajasthan Cultural Marathon we shall conduct seminars and discussions upon the issue of nature and natural resources Viz. Plants, animals, wild animals, rivers, air, etc. Great importance will be laid in the field of the use and conversation of nature.

## Specialized Program for Wheelchair Disability

Rajasthan Cultural Marathon 2018 has programmed and services designed to help improve the lives of people affected by leg Paralysis or any other disability for which people can't walk. We provide resources and support directly to individuals with disability and their family. The disability is to create a world of no limits for people who are unable to walk or suffered from some diseases. We mobilize leaders, advance understanding, and champion impactful policies and practices using research and data.

## Textile

In the whole nation, including Rajasthan, the condition of the small enterprises in the rural areas is deteriorating. We strive to promote them. We are committed to promoting artisans, worker and entrepreneurs of handloom, textile, handicraft, and khadi industries across the state. Will set up exhibitions and a seminar we will set up development and designing. Rajasthan Cultural Marathon 2018 shall organize a workshop for our people which will update them with dynamic development in technology involvement.



# MARATHON



## SAVE TREE

Without trees, life would be absolutely impossible.

They are the most important factors that provides us with the gift of life. To protect them, awareness regarding deforestation should be brought to the rural level. Also grow vegetables at home to restrict the usage of chemical fertilizers used in professional farming.



## ALTERNATIVE ENERGY

We will finally reach a point where we have to find various ways

To efficiently produce energy at a lower cost and also exploit fuel in the same way. A time will stop when we need natural energy.



## NATIONAL PARK

Keeping a wide range of native plants and wildlife in national parks preserves them,

We maintain biodiversity in gardens and protect endangered species and learn about natural vegetation and creatures, as well as the beauty of different environments.

# Pollution Control



Pollution prevention is a major global concern because of the harmful effects of pollution on a person's health and on the environment. Environmental pollution comes in various forms, such as: air pollution, water pollution, soil pollution, etc. Everyone is a stakeholder as we are all inhabitants of this one and only mother earth. Each person can contribute something to advance environmental pollution mitigation measures. Environmental protection means caring for our resources and subsequently for ourselves and ensuring a sustainable future for generations to come will have a better environment.

Rajasthan cultural Marathon 2018 is organizing a **RUN FOR ENVIROMENT** of 4km which will update them with the dynamic development in the prevention measures of pollution. This shall help in the long run for the development of healthy, pollution free society, which will ensure our own well being.

*"If we heal the earth, we heal ourselves"*

# GO GREEN

Experience the decline in wildlife in the National Park in the Rajasthan Cultural Marathon Natural Vegetation Agency Will talk about protection.





# About: Rajasthan Cultural Marathon

**Rajasthan Cultural Marathon** is a complete festival, a blend of tradition and history with the present contemporary style. Rajasthan Cultural Marathon demonstrate cultural heritage of the Rajasthani's influenced by various features like folk music and dances, different languages and dialects, the majestic forts and places, its multihued fairs and festival and its world famous cusine.

It is a great platform for the Pravasi Rajasthani's (NRR) From all over India and the world for strengthening and renewing their bonds with the state. Rajasthan Cultural Marathon will promote the well-being of the Rajasthan's living in different parts of the world. Along with the Paravasi Rajasthan people from 30 different countries will celebrate our cultural festival and will participate in the **Rajasthan Cultural Marathon**.



**10** Countries are participating  
in Rajasthan Cultural Marathon





# ROUTE MAP

Sunday 7th October 2018

Half Marathon



#RunRajasthan  
Run, Encourage & Celebrate Culture





For any query contact :

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