



# Running The Full Distance!

## What is it?

- A 5 km run in memory of Thaddeus Cheong

## When?

- 29 Jun 2008, Sunday

## Time

- 5 pm to 7 pm

## Venue

- Raffles Junior College (RJC) Stadium  
Bishan Road

## Attire

- Pink (preferably) as it is Thaddeus' favorite colour

## Participants

- Family & Friends of Thaddeus
- Ex-Class/School mates
- RJC Cross-Country Runners
- Triathlete community

## Safety

Doctors will be on-site

## Site Map

Please click on link  
<http://sis.moe.gov.sg/sc/info/schmap/s0704map.gif>

## RSVP

Please email to  
jonathanpereira76@yahoo.com.sg OR  
triguy19@hotmail.com

∴ Thaddeus Cheong, our 17 year old national triathlete, collapsed after the last SEA games time trial on 24 June 2007. He clocked a personal best time of 2 hrs 9 mins. To mark the 1<sup>st</sup> anniversary of his return to his eternal home, a 5 km run is being held in his memory ∴.

## Purpose

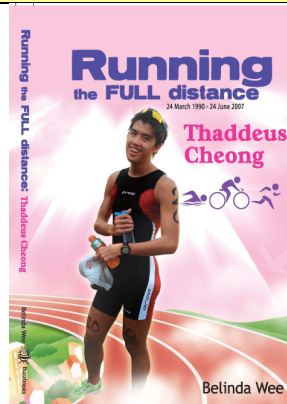
- To remember Thaddeus. With his passing, we learn to "Live Life to the Fullest" just as he did when he was alive
- To encourage better communication between parents and children
- To continue helping immediate family members and close friends to deal with the loss
- To encourage healthy living through running. A sport which Thaddeus loved
- To promote "Live your Dreams! Reach your full potential"



## Thaddeus' Motto

**LIVE STRONG!**

## Thaddeus' Book – Running The Full Distance : Thaddeus Cheong



A book written by Thaddeus' aunt, Dr Belinda Wee in loving memory of Thaddeus. It chronicles the life of Thaddeus from birth to a promising National triathlete who had been selected by TAS to represent Singapore at international and local meets and had proven himself with his dedication and sportsmanship. Through Thaddeus, Belinda hopes to help parents and their teenagers understand each other better and to have a harmonious relationship.

**Excerpts of the book will be read by the Author. The book is on sale at major bookstores at \$14. All proceeds will go to the Sarawak church building fund for the indigenous people.**

## PROGRAMME

1645 - 1700 = Gathering of Runners  
1700 - 1710 = Introduction and Opening prayer  
1710 - 1720 = Author's reading  
1720 - 1900 = Run  
1900 = End

~~~~~  
The family of Thaddeus wishes to thank all participants, especially Jonathan Pereira and Jerry Seah for organizing this event and the Principal of RJC for the use of the running track.

**Please continue to keep Thaddeus in your prayers.**

~~~~~