



# Running The Full Distance!

## What is it

- A 5 km run in memory of Thaddeus Cheong

## When

- 21 June 2009, Sunday

## Time

- 4 pm to 6 pm

## Venue

- Raffles Institution (JC) Stadium, Bishan Road

## Attire

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

## Participants

- Family, Relatives & Friends of Thaddeus
- Ex-Class/School mates
- Ex-RI(JC) Cross-Country Runners
- Triathlete community
- Anyone who wants to do it for Thaddeus

## Safety

Doctors will be on-site

## Site Map

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

## RSVP

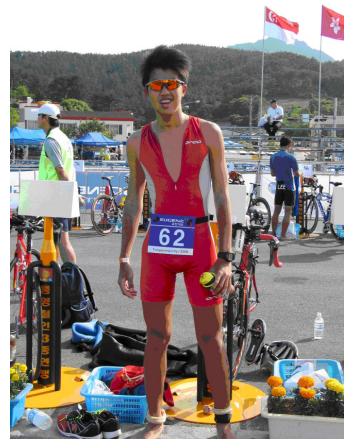
Please email to Jerry Seah:  
[Seahjerry@hotmail.com](mailto:Seahjerry@hotmail.com)

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

## Purpose

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

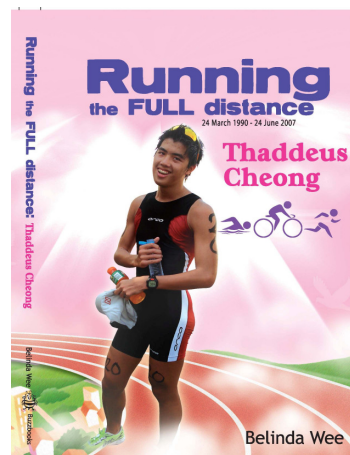
<http://thaddeuscheong.blogspot.com>



## Thaddeus' Motto

**LIVE STRONG!**

## Thaddeus – We will always remember you!



1<sup>st</sup> Memorial Run in RJC, 2007

## PROGRAMME

4.00 – 4.15 pm = Gathering of Runners  
 4.15 – 4.25 pm = Introduction and Opening prayer  
 4.25 – 4.40 pm = Warm-up  
 4.40 – 5.40 pm = Run  
 6 pm = End

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 The family of Thaddeus wishes to thank all participants, especially Jerry Seah for organizing this event and Mrs Lim, Principal of RI who has so graciously allowed us the use of the school's running track, yet again.

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