



4TH Memorial Run for Thaddeus Cheong

What is it

- A 5 km run in memory of Thaddeus Cheong
- You are most welcome to do a shorter distance by way of a walk or jog

When

- 19 June 2011, Sunday

Time

- 4 pm to 6 pm

Venue

- Raffles Institution (JC) Stadium, Bishan Road

Attire

- Anything 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

RSVP

Please email to Jerry Seah (Thad's ex-Coach) :
Seahjerry@hotmail.com

George (Thad's daddy):
george_ccl@hotmail.com

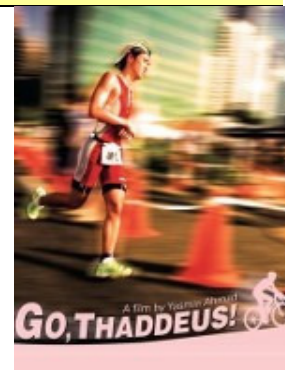
∴ Thaddeus, our 17 year old national triathlete, left us after the 2007 SEA games time trial on 24 June 2007. He clocked a personal best time of 2 hrs 9 mins.

We continue to remember Thad as he is fondly called and to mark the 4th Anniversary of his return to his eternal home, a 5 km run is being held in his memory ∴

Go, Thaddeus!

- We miss you and this run is for YOU
- With your passing, we learn to "Live Life to the Fullest" just as you did when you were with us
- We will continue to encourage healthy living through running which you loved
- You will always be remembered

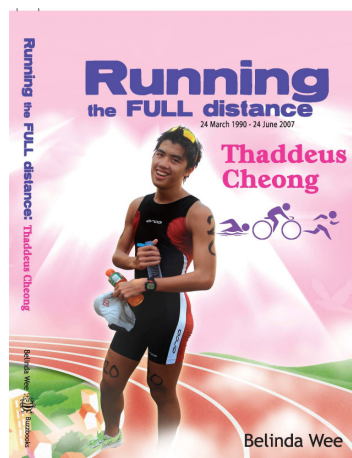
<http://thaddeuscheong.blogspot.com>



Thaddeus' Motto

LIVE STRONG!

Thank you for all your continued support and participation



PROGRAMME

- 4.15 – 4.30 pm = Gathering of Runners
- 4.30 – 4.40 pm = Introduction and Opening prayer
- 4.40 – 4.50 pm = Warm-up
- 4.50 – 5.50 pm = Run
- 6 pm = Closing prayer / End

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

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