



6TH 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

- 23 June 2013, 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
- Triathlon community
- Anyone who wants to do it for Thaddeus

RSVP

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

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

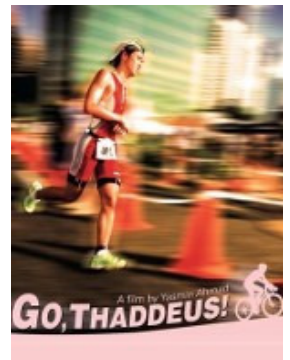
Angie (Thad's mum): angiewee88@hotmail.com

∴ Thaddeus completed the SEA games triathlon time trials on 24th 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 **6th 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

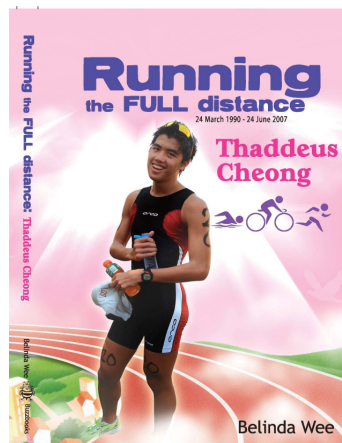
<http://thaddeuscheong.blogspot.com>



Thaddeus' Motto

LIVE STRONG!

Thank you for all your continued support and participation



PROGRAMME

4.00 – 4.40 pm = Gathering of Runners
 4.40 – 4.50 pm = Opening prayer
 4.50 – 5.00 pm = Warm-up
 5.00 – 6.00 pm = Run commences
 6 pm = End of run / Closing prayer

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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.**