



# 7<sup>TH</sup> 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

- 22 June 2014, 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](mailto:Seahjerry@hotmail.com)

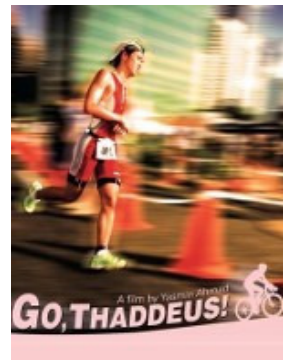
George (Thad's dad): [george\\_ccl@hotmail.com](mailto:george_ccl@hotmail.com)

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

∴ Thaddeus completed the SEA games triathlon time trials on 24<sup>th</sup> 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 **7<sup>th</sup> Anniversary** of his return to his eternal home, a 5 km run is being held in his memory ∴

## Go, Thaddeus!

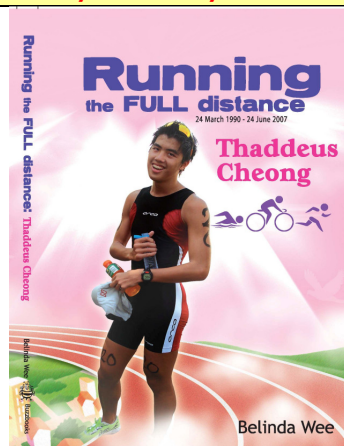
- We miss you and this run is for YOU
- With your passing, we learn to "Live Life to the Fullest" just as you did when you were with us
- We will continue to encourage healthy living through running which you loved
- You will always be remembered



## Thaddeus' Motto

**LIVE STRONG!**

## Thank you for all your continued support and participation



6<sup>th</sup> Memorial Run in June 2013 at RI(JC) Stadium

## 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, Mr. Chan Poh Meng, Principal of RI and his VP Mr. Tan Nam Seng who have so graciously allowed us the use of the school's running track.**

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