

# 9<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

• 19 June 2016, 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**

George (Thad's dad): george\_ccl@hotmail.com

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

Thomas (Thad's brother): Facebook .: 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 9<sup>th</sup> Anniversary of his return to his eternal home, a 5 km run is being held in his memory. We are thankful for being able to do this every year for the past 8 years. Thank you to all who have participated in past years' runs and we look forward to your continued support. :.

#### Go, Thaddeus!

- We miss you and this run is for YOU from all of us
- 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



#### PROGRAMME

4.00 - 4.45 pm = Gathering of Runners 4.45 - 5.00 pm = Opening prayer/A word of Thanks 5.00 - 5.15 pm = Warm-up 5.15 pm = Run commences 6.00 pm = End of run

The family of Thaddeus wishes to thank all participants, Jerry Seah for conducting this event, Mr. Chan Poh Meng, Principal of RI and Mr. Eng Han Seng, Dean of CCA & Physical Education of RI, who have so graciously allowed us the use of the school's running track.

