



# “Leave it in the Pool” Sixth Annual Hour Of Power Relay For Sarcoma Research November 8, 2011



## Sponsored by **Carleton College** Swimming and Diving

First held on Nov. 7, 2006, the Ted Mullin “Hour of Power” Relay has grown from 15 teams in its first year to 146 teams in 2010 with almost 7,000 athletes. Over the past five years, participants in the “Hour of Power” raised over \$265,000 for the Ted Mullin Fund for Pediatric Sarcoma Research at the **Comer Children’s Hospital at the University of Chicago**.

## What is the “Hour of Power” Relay?

The set is one of the Carleton College Knights’ favorites, and the team felt it would be an appropriate memorial to Ted to run a “Leave it in the Pool” practice consisting of continuous relays, any stroke, all-out swimming, for one hour, with the objective of keeping all relays in each lane on the same length.

Simultaneously swimming the “Hour of Power” across time zones adds to the spirit and fun of the relay, but teams unable to participate at the scheduled date/times are encouraged to hold a relay event whenever possible.

The participants in the event are asked to gather donations for the Ted Mullin Fund for Pediatric Sarcoma Research at the Comer Children’s Hospital at the University of Chicago. Checks should be made payable to “FJC/Ted Mullin Fund” with the team name in the memo line, and mailed to the Ted Mullin Fund, P.O. Box 437, Winnetka, IL 60093-0437. All donations made to the Ted Mullin Fund at FJC are tax-deductible to the extent allowed by United States law.

We encourage participation to raise team spirit and sarcoma awareness whether or not your program is able to fund raise.

## Where Does the Money Go?

Money raised acts as seed funding for the University of Chicago’s pediatric sarcoma research program. The program brings together oncologists, surgeons, radiation oncologists, and physician scientists who have a particular interest in adolescents and young adults with sarcoma. The Ted Mullin Fund has supported research into novel chemotherapy and biology agents for sarcomas, new ways to administer chemotherapy in this disease, techniques to visualize more accurately the response of tumors in the patient, the identification of high-risk sarcoma patients using novel genomics strategies, molecular techniques to personalize therapy for each patient to maximize benefit while reducing treatment-related toxicity and treatments for metastatic or resistant disease which seek to use the patient’s own immune system to attack residual tumors. Future plans at U of C include the opening of an adolescent and young adult multidisciplinary clinic focused on sarcoma and, in collaboration with other national programs, the establishment of a consortium to facilitate more rapid development and availability of new molecular and biologic therapeutics for sarcomas.



AT THE FOREFRONT OF MEDICINE®

**WHO:** All collegiate, high school, club, masters and other interested swimming and diving teams.

**WHAT:** “Hour of Power” relay in honor of Carleton College swimmer Ted Mullin, who died in the fall of 2006 from sarcoma, a rare soft-tissue cancer. Funds raised through this event support research at the University of Chicago into the causes and treatment of sarcoma in young people.

**WHEN:** November 8, 2011  
5 p.m. Eastern/ 4 p.m. Central or  
5 p.m. Mountain/ 4 p.m. Pacific

**WHERE:** Your program’s home pool.

**HOW:** Sign-up form and more information available at  
<http://go.carleton.edu/HourOfPower>



*Please direct questions to:*  
**Andy Clark**  
Head Coach,  
Carleton Swimming & Diving  
507.222.4584  
[aclark@carleton.edu](mailto:aclark@carleton.edu)  
or  
**Rick Mullin**  
847.971.5003  
[rmullin@TedMullinFund.org](mailto:rmullin@TedMullinFund.org)

# Participating Teams in 2010 HOP:

## Colleges & Universities:

**ACC:** Georgia Tech  
**AMCC:** Penn State Behrend  
**Big East:** Cincinnati, Georgetown, Providence, Villanova  
**Big Ten:** Northwestern  
**Bluegrass Mountain:** Johns Hopkins  
**CCC:** U of New England, Regis (MA), Roger Williams, Western New England College  
**CCIW:** Carthage, Illinois Wesleyan, Rose-Hulman Inst. of Technology  
**CCSA:** Radford  
**Empire 8:** Hartwick, Nazareth  
**GNAC:** Elms, Norwich, Simmons  
**GSAC/PCSC:** Concordia University (CA)  
**IIAC:** Luther  
**Ivy League:** Princeton  
**Liberty League:** Rensselaer Polytechnic Inst., Skidmore, St. Lawrence, Union (NY)  
**Little East:** Eastern Connecticut State U., Keene State College, U of Massachusetts Dartmouth  
**MAC:** Lycoming  
**MIAA:** Albion  
**MIAC:** Augsburg, Carleton, Gustavus Adolphus, Hamline, Macalester, Saint Benedict, St. Catherine, Saint John's (MN), Saint Mary's (MN), St. Olaf, U of St. Thomas (MN)  
**Midwest:** Beloit, Grinnell, Knox, Lake Forest, Lawrence  
**NCAC:** Wittenberg, Wooster  
**NEAC:** Wells  
**NESCAC:** Amherst, Bates, Bowdoin, Colby, Connecticut College, Hamilton, Middlebury, Trinity (CT), Tufts, Wesleyan (CT), Williams  
**NEWMAC:** Babson, Clark (MA), MIT, Mount Holyoke, Wellesley, Wheaton (MA), Worcester Polytechnic  
**Northeast 10:** Bentley  
**Northwest:** Lewis and Clark, Whitman  
**NSIC:** Minnesota State University, Mankato  
**OAC:** Baldwin-Wallace, Wilmington  
**ODAC:** Randolph-Macon  
**ODAC/Bluegrass Mountain:** Washington & Lee  
**PCSC:** Chapman  
**President's Athletic Conf.:** Grove City, Saint Vincent  
**PSAC:** Mansfield Univ. of Pennsylvania  
**Rocky Mountain Athletic Conf.:** Minnesota State University, Moorhead  
**SCAC:** Colorado College  
**SCIAC:** Claremont-Mudd-Scripps, U of La Verne, Occidental, U of Redlands, Whittier  
**SSC:** Rollins  
**Summit League:** U of South Dakota  
**SUNYAC:** SUNY-Cortland, SUNY-Fredonia, SUNY-New Paltz, SUNY-Oswego  
**UAA:** Carnegie Mellon, U of Chicago, Emory, Washington University in St. Louis  
**WIAC:** U of Wis.-Stevens Point

**Students Abroad:** Albatross Great SEA Birds (Pacific Ocean); Delhiiteful Swimming Divas (New Delhi, India); Insane Danes . . . In a Lane! (Copenhagen, Denmark); Islander Salamanders (Suva, Fiji Islands); A Lane of Pain in Spain (Madrid, Spain); Making It Rain in Spain (Seville, Spain); Prague Piraña (Prague, Czech Republic)

**High Schools:** Ashland (MA); Culver Academies (Culver, IN); Falls Church (VA); Glenbrook North (Northbrook, IL); Glenbrook South (Glenview, IL); Hill-Murray School (Maplewood, MN); J. S. Morton (Cicero, IL); Lake Forest (IL); Metea Valley (Aurora, IL); Neuqua Valley (Naperville, IL); New Trier Swimming/Diving Teams, Water Polo Team (Winnetka, IL); Peninsula (Gig Harbor, WA); Shaker Heights (OH); Waubonsie Valley (Aurora, IL); Wilmington (OH)

**Clubs:** AGUA Masters (New York, NY); Clinton County YMCA (Wilmington, OH); Colby College Gray Mules (Waterville, ME); D.H. Masters (Wellesley, MA); Fairbanks Fast Masters (Fairbanks, AK); Glenview (IL) Pirates Masters; Illini Swim Club (Champaign, IL); Illini Men's & Women's Water Polo Club (Champaign, IL); Lake Forest (IL) Swim Club; Little Rhody Aquatic Club (Cumberland, RI); Marquette Club Swim Team (Milwaukee, WI); Middlebury (VT) Aquatic Club; NASA/Wildcat Aquatics (Evanston, IL); New Trier Swim Club (Northfield, IL); Northfield (MN) Knightcrawlers Masters; Rockford (IL) Marlins Swim Club; Seacoast Swim Club (Cumberland, ME); Soda Moms Water Polo Team (Lafayette, CA); Team Penguins (Wilmette, IL); WLFY Masters (Austin, TX); YAC Swimming (Yakima, WA)

## "Hour of Power" Participation Facts & Figures

	2011	2010	2009	2008	2007	2006
<b>Total teams</b>	?	146	134	104	55	15
<b>Athletes*</b>	?	6,979	6,471	5,983	3,092	--
<b>College Teams</b>	?	102	103	85	46	--
<b>High School Teams</b>	?	16	11	8	4	--
<b>Club Teams</b>	?	21	17	9	4	--
<b>Students Abroad Teams</b>	?	7	3	2	1	--

\*estimated figure



[www.TedMullinFund.org](http://www.TedMullinFund.org)