THIRD ANNUAL
TED MULLIN
“Leave it in the Pool”
HOUR OF POWER RELAY
For Cancer Research

Sponsored by
Carleton College Men’s and Women’s
Swimming and Diving

WHO: All NCAA Division III Men’s & Women’s Swimming & Diving Programs and all other interested swim 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 6, 2008
   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
or
Rick Mullin
847.971.5003
rmullin9@comcast.net

HISTORY
First held on Nov. 7, 2006, the “Hour of Power” Relay included 15 teams, which together raised $11,000 for the Ted Mullin Fund for Sarcoma Research at the University of Chicago Comer Children’s Hospital. Last year, the number of participating teams climbed to 53, including 46 colleges and universities, raising over $43,000 for the Fund. A list of participating teams from 2007 is on the reverse side of this page.
What is the “Hour of Power” Relay?
The set is one of the Carleton College Knights’ favorites, and the team felt it would be appropriate 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 pool 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 pledges and donations for the Ted Mullin Fund for Sarcoma Research at the University of Chicago Comer Children’s Hospital.

The University of Chicago will provide each participating team with information well in advance of the event to aid in the fund-raising effort, as well as material regarding sarcoma, the type of cancer that claimed Ted’s life.

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

Where Does the Money Go?
Funds raised act as seed funding for the University of Chicago pediatric sarcoma research program, allowing collaborative efforts between clinicians and physician-scientists in the identification of the causes of sarcoma, at the most basic molecular and cellular levels. With a team of dedicated pediatric oncologists, orthopedists, and radiation therapists in place, the Ted Mullin Fund has enabled the University of Chicago to recruit Stephen X. Skapek, M.D., an expert in the study and treatment of sarcomas. Dr. Skapek and team aspire to translate new scientific discovery into improved therapies for cancer patients like Ted Mullin.

Participating Teams in 2007:

**NESCAC:**
Amherst, Bates, Bowdoin, Colby, Connecticut College, Hamilton, Middlebury, Trinity, Tufts, Wesleyan, Williams

**MIAC:**
Augsburg, Carleton, Gustavus Adolphus, Hamline, Macalester, St. Benedict, St. Catherine, St. John's, St. Mary's, St. Olaf, St. Thomas

**UAA:**
U of Chicago

**SCIAC:**
Occidental, Claremont-Mudd-Scripps, Redlands, Pomona-Pitzer

**NWC:**
Whitman, Puget Sound

**IIAC:**
Luther

**CCIW:**
Illinois Wesleyan

**CAC:**
York (Pa.)

**CCC:**
Regis (Mass.), Univ. of New England, Roger Williams University

**MAC:**
Lycoming

**GNAC:**
St. Joseph's (Maine)

**OAC:**
Ohio Northern

**NEWMAC:**
Wheaton College (Mass.)

**Centennial:**
Johns Hopkins

**Midwest:**
Lake Forest (Ill.), Grinnell

**NCAC:**
Wooster

**ODAC/Bluegrass Mountain:**
Washington & Lee

**Liberty:**
Skidmore

**Big Ten:**
Northwestern University (Ill.) Men

**High School Teams:**
Culver (Ind.) Academies; Falls Church (Va.); Lake Forest (Ill.) JV Girls; New Trier (Winnetka, Ill.)

**Club Teams:**
Lake Forest (Ill.) Swim Club;
New Trier Swim Club (Winnetka, Ill.);
Northwestern Aquatics Swim Organization/Wildcat Aquatics (Evanston, Ill.)