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 University of Chicago Medicine Comer Children’s Hospital. Checks should be made payable to “FJC/ Ted Mullin Fund FSP” with the team name in the memo line, and mailed to the Ted Mullin Fund, P.O. Box 437, Winnetka, Illinois 60093-0437. All donations made to the Ted Mullin Fund at FJC are tax-deductible to the extent allowed by United States law. Donations may also be made online at www.tedmullinfund.org

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 Medicine’s (UCM) pediatric cancer research program. The Ted Mullin Fund has supported research into novel chemotherapy/biology agents, new ways to administer chemotherapy, techniques to more accurately the tumor response in the patient, novel genomics strategies to identify high-risk sarcoma patients, molecular techniques to personalize therapy to maximize benefit while reducing treatment-related toxicity, and treatments for metastatic or resistant disease that use the patient’s own immune system to attack residual tumors. Each summer, the UCM hosts Ted Mullin Fund Scholars in pediatric cancer laboratories, giving collegiate Ted Mullin “Hour of Power” participants an opportunity to advance their interest in science and cancer biology. With initial seed mone from the Ted Mullin Fund, UCM is celebrating the sixth anniversary of the Adolescent and Young Adult Oncology Program. The Fund also supports the UCM comprehensive Pediatric Cancer Data Commons that will collect standardized data from as many pediatric cancer patients as possible in one central repository and share it openly with the entire research community.

Sponsored by Carleton College Swimming and Diving

For Sarcoma Research, November 12, 2019

First held on Nov. 7, 2006, the Ted Mullin “Hour of Power” Relay has grown from 15 teams in its first year to 163 teams in 2018-19 with more than 7,700 athletes. Over the past thirteen years, participants in the “Hour of Power” raised over $800,000 for the Ted Mullin Fund for Pediatric Sarcoma Research at the University of Chicago Medicine Comer Children’s Hospital.
Where: 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 Medicine into the causes and treatment of sarcoma in young people.

When: November 12, 2019
5 p.m. Eastern/ 4 p.m. Central or
5 p.m. Mountain/ 4 p.m. Pacific
Yours home pool, field or venue.

How: Sign-up form and more information available after August 1, 2019 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
rmullin@TedMullinFund.org

Participating Teams in 2018 HoP:

College & University Swim/Dive Teams

Albion College
Amherst College
Augsburg University
Bates College
Beloit College
Bowdoin College
Brandeis University
Bryn Mawr College
Buffalo State College
Campbellsville University
Carleton College
Cambridge-Metlife College
Carthage College
Case Western Reserve University
University of Chicago
Claremont-Mudd-Scripps Colleges
Clark University
Colby College
Colorado College
Connecticut College
Dartmouth College
Davies College
Emory College
University of Findlay
Frostburg State University
Georgetown University
Grinnell College
Gustavus Adolphus College
Hamilton College
Hartline University
Hilbert College
Illinois Institute of Technology
Illinois Wesleyan University
Kalamazoo College
Knox College
Lawrence University
Lewis & Clark
Lindsey Wilson College
Loras College
Luther College
Macalester College
University of Massachusetts Dartmouth
Massachusetts Institute of Technology
Middlebury College
Minnesota State University, Mankato
Mumford College
University of Mount Union
Nazareth College
The College of New Jersey
North Central College
Norwich University
Occidental College
Ohio Northern University
Pacific University
Pacific Lutheran University
Pomona-Pitzer Colleges
Princeton University
Providence College
University of Puget Sound
Randolph College
Randolph-Macon College
University of Redlands
Regis College
Roberts Wesleyan College
University of Rochester
Rollins College
Rose-Hulman Institute of Technology
College of Saint Benedict
St. Catherine University
Saint John’s University
University of Saint Joseph
St. Lawrence University
Saint Mary’s University of Minnesota
St. Norbert College
St. Olaf College
University of St. Thomas
Simmons College
Skidmore College
Smith College
Southwest Minnesota State University
State University of New York at Cobland
State University of New York at Oswego
Stevens Institute of Technology
Swarmore College
Transylvania University
Trinity College
Tufts University
Union College
Vanderbilt University
Vassar College
Virginia Military Institute
Washington University in St. Louis
Wellesley College
Wesleyan University
Western New England University
Whitman College
Williams College
University of Wisconsin-La Crosse
University of Wisconsin-Stevens Point
Woo University
Worcester Polytechnic Institute

College & University Dryland Teams

Carleton College Baseball
Carleton College Basketball
Carleton College Cross Country/Track & Field
Carleton College Football
Carleton College Soccer
Carleton College Softball
Carleton College Volleyball
Rollins College Cross Country
Smith College Crew
Smith College Drylanders

International: College Students Abroad

Playa Manga Manta Rays
South Caicos Dragons of the Sea
Turks & Caicos Islands
Team Ledererer

Spain

International: Schools & Clubs

Bad*** Coach Brewing

Sweden

High School Swim/Dive Teams

Batesville High School
Churchville-Chili High School
Dansville High School
Epscopal High School
Glenbrook South High School
Hill-Murray School
Academy of Holy Angels/Minniwhaha Academy
Lake Forest High School
The Lovett School
J. Sterling Morton High School
Nequa Valley High School
New Trier High School
North St. Paul High School
Northfield High School
Northside ISO Aquatics
Roanoke Rapids High School
Wayland–Cochanson High School
Wilmington High School

High School Dryland Teams

Lake Forest High School Basketball
Vivian Webb School Water Polo

Clubs

Body Science pt
Carleton College Team Swim Fit
Carleton College Water Polo
Chicago Adelphic Club Masters
Executive Swim Club
Funky Fish Swim Club
Glenbrook Swim Club
Highlands Ranch Masters Swim Club
Lake Forest Swim Club
Libertyville Stars Swim Club
Macalester College Masters
Miami University Club Swim Team
Minneapolis Orange Theory
New Trier Aquatics
Northfield Nightcrawlers Masters
Northfield Swim Club
Northside ISO Aquatics
Rochester Swim Club
St. Catherine Morning Mangers
St. Croix Swim Club
St. Olaf College Team Swim Fit
College of St. Scholastica Club and Masters
Soda Moms Water Polo
WHAT Masters
WHAT Swim Club
Winona Swim Club