

“Speaking of the Hour of Power...”

Ted Mullin was a swimmer and team captain at Carleton College, class of 2006. He died of a rare form of cancer called sarcoma on September 3, 2006.

Ted’s Carleton swim teammates organized the first Hour of Power in November of 2006, mainly among teams in the MIAC and NESCAC collegiate conferences.

The Hour of Power is a 60-minute practice set of all-out sprint relays in which the lanes attempt to all stay on the same lap. It involves both exceptional individual effort (leave it in the pool), and teamwork. It was Ted’s favorite practice set and the Carleton team thought it would be the appropriate way to memorialize him.

Since the first Hour of Power, it has grown to 166 teams and an estimated 8,650 athletes in 2017. There have been international teams of American swimmers studying abroad and, since 2012, school and club teams from abroad. 2012 also marked the first year “dry land” teams participated, doing their own Hour of Power in ways suitable to their own sports.

Since 2006, the Hour of Power has raised awareness of sarcoma in close to 81,000 athletes, and they have spread the word among their friends and families. To date the Hour of Power has raised over \$775,000 for the Ted Mullin Fund to support research in pediatric sarcoma at the University of Chicago Medicine Comer Children’s Hospital. In January 2017 the Ted Mullin Fund surpassed the \$1 million mark in funds raised; the Hour of Power event accounts for over 60% of that total.

College and university participants in the Hour of Power are eligible to apply for the position of Ted Mullin Scholar at the University of Chicago, doing lab research on cancer-related studies for 10 weeks each summer. The summer of 2018 marked the seventh year of the Ted Mullin Scholars program.