

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.

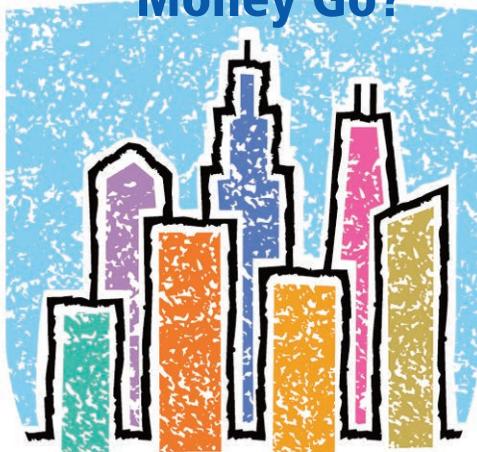
The participants in the event are asked to gather donations for the Ted Mullin Fund for Pediatric Sarcoma Research at the University of Chicago Medicine Comer Children's Hospital. Checks should be made payable to "FJC/ Ted Mullin Fund FSP" with the team name in the memo line, and mailed to the Ted Mullin 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.



www.TedMullinFund.org

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 visualize 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 money from the Ted Mullin Fund, UCM is celebrating the fifth 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.



For Sarcoma Research, November 13, 2018

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 166 teams in 2017-18 with more than 8,600 athletes. Over the past twelve years, participants in the "Hour of Power" raised over \$738,000 for the Ted Mullin Fund for Pediatric Sarcoma Research at the University of Chicago Medicine Comer Children's Hospital.

Participating Teams in 2017 HoP:

WHO: All college, high school, club or masters swimming/diving teams, and any other interested 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 Medicine into the causes and treatment of sarcoma in young people.

WHEN: November 13, 2018
 5 p.m. Eastern/ 4 p.m. Central or
 5 p.m. Mountain/ 4 p.m. Pacific
 (or another date that works for your team)

WHERE: Your team's home pool, field or venue.

HOW: Sign-up form and more information available after August 1, 2018 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

College & University Swim/Dive Teams

Albion College	MI
Amherst College	MA
Augsburg University	MN
Bates College	ME
Beloit College	WI
Bowdoin College	ME
Brandeis University	MA
Bryn Mawr College	PA
Campbellsville University	KY
Carleton College	MN
Carnegie Mellon University	PA
Carthage College	WI
University of Chicago	IL
Clark University	MA
Colby College	ME
Colorado College	CO
Connecticut College	CT
Dartmouth College	NH
Davis & Elkins College	WV
Elms College	MA
University of Findlay	OH
Frostburg State University	MD
Georgetown University	DC
Grinnell College	IA
Gustavus Adolphus College	MN
Hamilton College	NY
Hamline University	MN
Hendrix College	AR
Hillsdale College	MI
The College of Idaho	ID
Illinois Institute of Technology	IL
Illinois Wesleyan University	IL
Kalamazoo College	MI
Knox College	IL
Lake Forest College	IL
Lawrence University	WI
Lewis & Clark College	OR
Limestone College	SC
Lindsey Wilson College	KY
Loras College	IA
Luther College	IA
Lycoming College	PA
Macalester College	MN
University of Massachusetts Dartmouth	MA
Massachusetts Institute of Technology	MA
Middlebury College	VT
Minnesota State University, Mankato	MN
Morningside College	IA
University of Mount Union	OH
Nazareth College	NY
University of New England	ME
North Central College	IL
Norwich University	VT
Occidental College	CA
Ohio Northern University	OH
Olivet College	MI
Pacific University	OR
Pacific Lutheran University	WA
Pomona-Pitzer Colleges	CA
Princeton University	NJ
University of Puget Sound	WA

Randolph-Macon College	VA
University of Redlands	CA
Regis College	MA
University of Rochester	NY
Rollins College	FL
Rose-Hulman Institute of Technology	IN
College of Saint Benedict	MN
St. Catherine University	MN
Saint John's University	MN
University of Saint Joseph	CT
St. Lawrence University	NY
Saint Mary's University	MN
St. Olaf College	MN
University of St. Thomas	MN
Saint Vincent College	PA
Simmons College	MA
Skidmore College	NY
Smith College	MA
Stevens Institute of Technology	NJ
State University of New York at Cortland	NY
State University of New York at Oswego	NY
Swarthmore College	PA
Transylvania University	KY
Trinity College	CT
Tufts University	MA
Union College	NY
Ursuline College	OH
Vassar College	NY
Virginia Military Institute	VA
Washington and Lee University	VA
Washington University in St. Louis	MO
Wells College	NY
Wesleyan University	CT
Western New England University	MA
Westminster College	PA
Whitman College	WA
Williams College	MA
University of Wisconsin-Stevens Point	WI
The College of Wooster	OH
Worcester Polytechnic Institute	MA
York College of Pennsylvania	PA

College & University Dryland Teams

Carleton College Baseball	MN
Carleton College Cross Country/Track & Field	MN
Carleton College Football	MN
Carleton College Golf	MN
Carleton College Soccer	MN
Carleton College Softball	MN
Carleton College Volleyball	MN
Rollins College Lacrosse	FL
St. Olaf College Softball and Volleyball	MN

International: College Students Abroad

Playa Mango Manta Rays	Panama
South Caicos Dragons of the Sea	Turks & Caicos Islands

International: Schools & Clubs

Bad*** Coach Brewing	Sweden
----------------------	--------

High Schools

Batesville High School	IN
Bristol Central High School	CT
Eagan High School	MN
Episcopal High School	TX
Fridley High School	MN
Glenbrook South High School	IL
Hill-Murray School	MN
Academy of Holy Angles/Minnehaha Academy	MN
Lake Forest High School	IL
The Lovett School	GA
J. Sterling Morton High School	IL
Neuqua Valley High School	IL
New Trier High School	IL
North St. Paul High School	MN
Northfield High School	MN
Northside ISD Aquatics	TX
Roanoke Rapids High School	NC
Vivian Webb School Water Polo	CA
Waunakee Community High School	WI
Wayland-Cohocton High School	NY
The White Mountain School	NH
Wilmington High School	OH

Clubs

Body Science pft	IL
Carleton College Gods of Plastic	MN
Carleton College Men's Rugby Football Club	MN
Carleton College Team Swim Fit	MN
Carleton College Water Polo	MN
Chicago Athletic Club Masters	IL
Executive Swim Club	NH
Funky Fish Swim Club	IL
Glenview Titan Aquatic Club	IL
Highlands Ranch Masters Swim Club	CO
Lake Forest Swim Club	IL
Libertyville STARS Swim Club	IL
Macalester College Masters	MN
Miami University Club Swim Team	OH
Minnetonka Swim Club	MN
NASA Wildcat Aquatics	IL
New Trier Aquatics	IL
Newington Swim Club	CT
Northfield KnightCrawlers Masters	MN
Northfield Swim Club	MN
Northfield Y-Crawlers	MN
Northfield ISD Aquatics	TX
Rochester Swim Club	MN
St. Croix Swim Club	MN
St. Olaf College Team Almousa	MN
St. Kate's Morning Manglers	MN
Smith College Masters	MA
Soda Moms Water Polo	CA
Winona Swim Club	MN