



FOURTH 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 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 10, 2009**  
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>

**HISTORY**

First held on Nov. 7, 2006, the "Hour of Power" Relay has grown from 15 teams in its first year to 104 teams in 2008 with nearly 6,000 student athletes. Over the past three years, participants in the "Hour of Power" raised more than \$110,000 for the Ted Mullin Fund for Sarcoma Research at the University of Chicago Comer Children's Hospital. A full list of participating teams in 2008 is on the next page.



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### 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 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 pledges and donations for the Ted Mullin Fund for Sarcoma Research at the University of Chicago Comer Children's Hospital.

Each participating team will be provided 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 2008:

**Big East:** Univ. of Cincinnati, Georgetown, Providence

**CAC:** Salisbury, York (PA)

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

**CCIW:** Illinois Wesleyan

**Centennial:** McDaniel

**ECAC/Bluegrass Mountain:** Johns Hopkins

**Empire 8:** Alfred, Hartwick, Ithaca, Stevens Inst. of Tech., Utica

**GNAC:** Elms, Norwich, Simmons, Wheelock

**IIAC:** Luther

**Independent:** Wells

**Ivy League:** Univ. of Pennsylvania, Princeton

**Landmark:** Catholic University of America

**Liberty League:** Rensselaer Polytechnic, Skidmore, Union (NY)

**Little East:** Western Connecticut State

**MAC:** Lycoming

**MIAA:** Albion

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

**Midwest:** Grinnell, Lawrence

**NCAC:** Allegheny, Denison, Oberlin, Ohio Wesleyan, Wabash, Wittenberg, Wooster

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

**NEWMAC:** Babson, Clark (MA), Mount Holyoke, Springfield, Wellesley, Wheaton (MA), Worcester Polytechnic

**NWC:** Whitman

**OAC:** Ohio Northern

**ODAC:** Randolph-Macon

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

**Presidents':** Grove City College

**SCAC:** Colorado College

**SCIAC:** Claremont-Mudd-Scripps, Univ. of LaVerne, Occidental, Univ. of Redlands, Whittier

**Sunbelt:** Univ. of Denver

**SUNYAC:** Oswego State

**UAA:** Brandeis, Carnegie Mellon, Univ. of Chicago

**Students Abroad:** Going the DIStance (Copenhagen, Denmark); Swimming Thunder from Down Under (Townsville, Australia)

**Club Teams:** Coastal Aquatics Swim Club (Tyaskin, Md.); Knightcrawlers Masters (Northfield, Minn.); Lake Forest (Ill.) Swim Club; Little Rhody Aquatic Club (Cumberland, R.I.); NASA Wildcat Aquatics (Evanston, Ill.); New Trier Swim Club (Northfield, Ill.); Nova Masters (Irvine, Calif.); SONOCO West (Danbury, Conn.); Team Millennium (River Forest, Ill.)

**High School Teams:** Arrowhead H.S. (Hartland, Wis.); Culver (Ind.) Academies; Falls Church (Va.) H.S.; Glenbrook North H.S. (Northbrook, Ill.); Glenbrook South H.S. (Glenview, Ill.); Lake Forest (Ill.) H.S.; New Trier H.S. (Winnetka, Ill.); Southwest H.S. (Minneapolis, Minn.)

### 2008 Hour of Power Facts & Figures:

Total teams: 104 compared with 54 in 2007

Colleges: 85 compared with 46 in 2007

Conferences: 30 plus one independent school

H.S. & Club teams: 17 compared with 7 in 2007

Students-Abroad teams: 2 compared with 1 in 2007

New teams: 56 (44 college, 2 students abroad, 6 clubs and 4 high school)

Athletes: estimated 5,983 compared with 3,092 in 2007