



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 at least 125 teams in 2009 with 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 registered teams participating in 2009 is on the next page.



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

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.

Registered Teams for 2009 HOP:

Atlantic Coast Conference: Georgia Tech
Big East: Cincinnati, Georgetown, Providence, Villanova
Bluegrass Mountain: Johns Hopkins
CAC: Univ. of Mary Washington, Salisbury
CCC: Colby-Sawyer, Univ. of New England, Regis (MA), Roger Williams
CCIW: Carthage, Illinois Wesleyan
CCSA: Radford
Centennial: Bryn Mawr, McDaniel
Empire 8: Hartwick, Nazareth, Stevens Inst. of Tech., Utica
GNAC: Elms, Norwich, Simmons
IIAC: Luther
Independent: Chapman
Ivy League: Univ. of Pennsylvania, Princeton
Liberty League: Rensselaer Polytechnic, Skidmore, St. Lawrence, Union (NY)
Little East: Keene State, Western Connecticut State
MAC: Lycoming
MIAA: Albion
MIAC: Augsburg, Carleton, Gustavus Adolphus, Hamline, Macalester, Saint Benedict, St. Catherine, Saint John's (MN), Saint Mary's (MN), St. Olaf, Univ. of St. Thomas
Midwest: Beloit, Grinnell, Knox, Lawrence
NCAC: Allegheny, Oberlin, Wabash, Wittenberg, Wooster
NEAC: Wells
NESCAC: Amherst, Bates, Bowdoin, Colby, Connecticut College, Hamilton, Middlebury, Trinity (CT), Tufts, Wesleyan (CT), Williams
NEWMAC: Babson, Clark (MA), MIT, Mount Holyoke, Springfield, Wellesley, Wheaton (MA), Worcester Polytechnic
Northeast 10: Bentley
Northwest: Lewis & Clark, Univ. of Puget Sound, Whitman, Whitworth
OAC: Baldwin-Wallace, Ohio Northern, Wilmington
ODAC: Randolph-Macon
ODAC/Bluegrass Mountain: Washington & Lee
Patriot League: Bucknell
SCAC: Colorado College
SCIAC: Claremont-Mudd-Scripps, Univ. of La Verne, Occidental, Whittier
SUNYAC: Fredonia State, Oswego State, SUNY Cortland
UAA: Brandeis, Carnegie Mellon, Univ. of Chicago, Emory, Washington University (Mo.)
WIAC: Univ. of Wisc.-Stevens Point

Students Abroad: Namibian Amphibians (Windhoek, Namibia); La Posta Simbólica de la Católica (Santiago, Chile); Swimming Thunder from Down Under 2009 (Townsville, Australia)

Club Teams: Clinton County YMCA (Wilmington, Ohio); Fairbanks (Alaska) Fast Masters; Knightcrawlers Masters Swim Team (Northfield, Minn.); Lake Forest (Ill.) Swim Club; Little Rhody Aquatic Club (Cumberland, R.I.); Marquette Club Swim Team (Milwaukee, Wis.); Middlebury (Vt.) Aquatic Club; NASA/Wildcat Aquatics (Evanston, Ill.); New Trier Swim Club (Northfield, Ill.); Rockford (Ill.) Marlins Swim Club; Soda Moms Water Polo Team (Lafayette, Calif.); Team Millennium (River Forest, Ill.); Team Penguins (Wilmette, Ill.); West Austin (Texas) Athletic Club Masters; YAC Swimming (Yakima, Wash.)

High School Teams: Culver (Ind.) Academies; Decorah (Iowa) H.S.; Falls Church (Va.) H.S.; Glenbrook North H.S. (Northbrook, Ill.); Glenbrook South H.S. (Glenview, Ill.); Hill-Murray School (Maplewood, Minn.); J.S. Morton H.S. (Cicero, Ill.); Lake Forest (Ill.) H.S.; New Trier H.S. (Winnetka, Ill.); Wilmington (Ohio) H.S.

"Hour of Power" Participation Facts & Figures

	2009	2008	2007	2006
Total teams	131	104	54	15
Athletes*	6,281	5,983	3,092	--
College Teams	103	85	46	--
High Schools	10	8	4	--
Club Teams	15	9	3	--
Students-Abroad Teams	3	2	1	--

*estimated figure