

21st Annual Leave it in the pool Hour of Power™ Relay

Benefitting THE TED™ MULLIN FUND Fighting To Beat Sarcoma

For Sarcoma Research, November 10, 2026

Sponsored by Carleton College Swim & Dive

First held on Nov. 7, 2006, the Ted Mullin "Hour of Power" Relay has grown from 15 teams in its first year to as many as 170 teams and over 8,000 athletes in the past 20 years. A total of 143 teams and 5,700 athletes participated in the 20th Annual Hour of Power. Over the years participants in the "Hour of Power" raised over $1,000,000 for the Ted Mullin Fund for Pediatric Sarcoma Research at the University of Chicago Medicine Comer Children's Hospital.

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 when 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 "The University of Chicago/Ted Mullin Fund" with the team name in the memo line, and mailed to the Ted Mullin Fund, P.O. Box 722, Scarborough, Maine 04074-0722. All donations made to the Ted Mullin Fund 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 visualize tumor response, novel genomics strategies to identify high-risk sarcoma patients, molecular techniques to personalize therapy, 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 tenth anniversary of the Adolescent and Young Adult Oncology Program. The Fund has supported 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.

AT THE FOREFRONT OF KIDS' MEDICINE
UChicago Medicine Comer Children's

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 10, 2026
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 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 2025 HoP:

College & University Swim/Dive Teams

Amherst College	MA
Augsburg University	MN
Augustana University	SD
Bates College	ME
Beloit College	WI
Berry College	GA
Biola University	CA
Bowdoin College	ME
Brandeis University	MA
Bryn Mawr College	PA
California Institute of Technology	CA
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
Concordia University, St. Paul	MN
Dartmouth College	NH
Davis & Elkins College	WV
Eastern Connecticut State University	CT
George Fox University	OR
Grinnell College	IA
Gustavus Adolphus College	MN
Hamilton College	NY
Hamline University	MN
Hobart and William Smith Colleges	NY
Husson University	ME
Illinois Institute of Technology	IL
Iowa Central Community College	IA
Lawrence University	WI
Lindsey Wilson University	KY
Lock Haven University	PA
Luther College	IA
Lycoming College	PA
Macalester College	MN
UMass Dartmouth	MA
Massachusetts Institute of Technology	MA
McMurry University	TX
Middlebury College	VT
Milligan University	TN
Monmouth College	IL
Mount Holyoke College	MA
Occidental College	CA
Pacific University	OR
PennWest University	PA
Pomona-Pitzer Colleges	CA
Randolph-Macon College	VA
Roberts Wesleyan University	NY
Rose-Hulman Institute of Technology	IN
College of Saint Benedict	MN
St. Catherine University	MN
Saint Francis University	PA
St. John's University	MN
St. Lawrence University	NY
St. Olaf College	MN
Sewanee University	TN
State University of New York - Cortland	NY
State University of New York - Oswego	NY
State University of New York - Potsdam	NY
Swarthmore College	PA
Trinity College	CT
Trinity University	TX
Tufts University	MA
Union College	NY
Washington University in St. Louis	MO
Wesleyan University	CT
Wheaton College	MA
Whitman College	WA
Wilkes University	PA
Willamette University	OR
Williams College	MA
Wilmington College	OH
University of Wisconsin - La Crosse	WI
University of Wisconsin - Stevens Point	WI
University of Wisconsin - Whitewater	WI
The College of Wooster	OH
Worchester Polytechnic Institute	MA

College & University Dryland Teams

Carleton College Baseball	MN
Carleton College Basketball	MN
Carleton College Cross Country	MN
Carleton College Football	MN
Carleton College Golf	MN
Carleton College Soccer	MN
Carleton College Softball	MN
Carleton College Track and Field	MN
Carleton College Volleyball	MN
St. Lawrence University Rowing	NY
St. Lawrence University Soccer	NY
St. Lawrence University Softball	NY
St. Olaf College Alpine Skiing	MN
St. Olaf College Baseball	MN
St. Olaf College Cross Country	MN
St. Olaf College Tennis	MN
St. Olaf College Track and Field	MN

International: Schools/Clubs

South Caicos Sea Dragons	Turks & Caicos Isls.

International: College Students Abroad

Carleton OCS - Madrid	Spain

High School Dryland Teams

Loyola Academy Girls Lacrosse Team	IL

High School Swim/Dive Teams

Batesville High School	IN
Dansville Central School	NY
Eagan High School	MN
Glenbrook North High School	IL
Glenbrook South High School	IL
The Lovett School	GA
J. S. Morton High School	IL
New Trier High School	IL
Northfield High School	MN
Northside ISD	TX
Adlai E. Stevenson High School	IL
Walla Walla High School	WA
Woodward Academy	GA

Clubs

Ayuh	ME
Carleton College Eclipse	MN
Carleton College Righteous Babes Water Polo	MN
Carleton SwimFit	MN
Carleton College Syzygy	MN
Chicago Athletic Clubs Masters	IL
Dartmouth Women's Water Polo	NH
Electric City Aquatics Club Masters	NY
Envision Unlimited Swimming	IL
Envision Unlimited Dryland	IL
Knightcrawlers	MN
M3 Aquatics	IL
Mid-Maine Dolphins	ME
Minnesota Ice Swim Club	MN
Morning Manglers	MN
New Trier Aquatics	IL
Northfield Swim Club	MN
Northside ISD	TX
ONX Fitness	MN
Pacesetter Aquatics	IN
Purple Valley Aquatics	MA
TAC TITANS	NC
Team Extravaganza	IL
Team Flicker	WA
Team Legacy	MN
Team Ted	MN
UCLA Club Swimming	CA
Walla Walla Swim Club	WA
Washed Up In Boston	MA
Whitman Masters Swimming	WA



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www.TedMullinFund.org